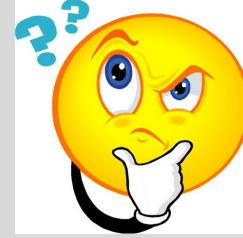


GETTING STARTED WITH MINDFULNESS

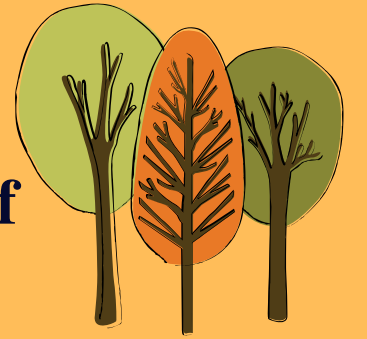
First of all...what is mindfulness?



Mindfulness is all about being present in the moment instead of worrying about things in the future or things that have happened in the past. Being mindful can help us to worry less, be happier and helps us concentrate more. All of which is incredibly helpful! Here are some different ways you can get started with practicing mindfulness.

Be in Nature

Being outdoors in nature is good for both our brains and our bodies. It also helps to keep us in the present, rather than worrying about the future or the past. Just walking in nature is a great way of practicing mindfulness,



Move Your Body

Whether it's walking, dancing or just stretching - take the time to move your body and really connect with the feeling. Think about how your body feels as you move around - what feels tight? What feels loose? What feels strong? Enjoy moving around and getting some energy out!



Slow Down

Whether it's tidying your room, doing some school work or baking a cake - slow down and try to enjoy the process. Taking your time with activities and really concentrating on them can help to improve your focus and stop you from worrying.



Time Away From Screens

We all have lots of screens in our houses - TVs, phones, tablets, laptops...remember to take some time away from your screens. Set an alarm if needed to remind you to come away from the screen and do a different activity. Maybe you could play a game with your family or play outside?



One Task at a Time

If we focus on one thing at a time instead of trying to do lots of different things at once, then we are less likely to make mistakes. So, instead of trying to tackle everything at once, choose one task and focus on that, with regular breaks in between.



Eat Mindfully

Taking the time to eat a meal without the distraction of TV screens is a great way of practicing mindfulness. It gives us a chance to really enjoy our food, instead of just eating and moving on. It's also a nice time to spend talking to our families. Cooking is another fantastic mindful activity as you are focusing on the task at hand. Could you help cook dinner one day this week?



Meditate

Taking a few minutes to just sit quietly and follow your breathing can help you feel calmer and more connected. There are also thousands of fantastic videos on YouTube that can help you - why not try one of the Peace Out videos that you have done in school?



For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to www.schoolinterviews.co.uk and enter code bky83 to book a call.

