

# GETTING STARTED WITH MINDFULNESS

Mindfulness can help us increase our ability to regulate emotions, as well as decreasing stress, anxiety and depression. It can also help us to focus our attention and concentration. 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 our mental health and 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. Become aware of your body's sensations as you move - what feels tight? What feels loose? What feels strong?



## Slow Down

Whether it's tidying your room, doing some school work or baking a cake - slow down and try to enjoy the process. Deliberate and thoughtful attention to daily actions promotes healthy focus and can keep you from feeling overwhelmed.



## Boundaries with Screens

It's easy to be on information overload with all the screens we have in our lives - TVs, phones, tablets, laptops...remember to keep boundaries in place with your screens. Set an alarm if needed to remind you to come away from the screen and do a different activity.



## One Task at a Time

Studies have found that tasks take 50% longer with 50% more errors when multi-tasking! So, rather than 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 allows us an opportunity to really enjoy and savour our food, rather than just eating and moving on. Cooking is another fantastic mindful activity as you are focusing on the task at hand.



## 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, as well as great apps such as Headspace and Calm.



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](http://www.schoolinterviews.co.uk) and enter code bky83 to book a call.

