

Look after your mental health

Mindfulness

Did you know?

It can really help to take a break from thoughts and emotions that are going round and round.

Mindfulness can help reduce pain

Mindfulness is free! You don't need apps or gadgets

Plan your day

Each week we look at a different activity to keep well. This week it's **Being in the Moment** and we're looking at mindfulness

Stay Connected

It's really important to stay connected with friends, social groups and family - online, phone or post

Check out *Thinkuknow* or *Own It*

Build Skills

Set yourself a challenge – now is a great time to learn a new skill

Choose a set time and place to complete school work

Be Healthy

Keep to a healthy routine

If you're feeling sluggish and tired you probably need to move!

Be In the Moment

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes

The more you practice the more it will help when you most need it

Emotional Check-in

Notice your emotions

Notice your mood and what makes you feel better or worse

Being in the Moment

All we mean by mindfulness is:

- Focusing on the present moment - not what's already happened or could happen
- Slowing down - focusing on one thing instead of trying to do too much
- Paying attention to our thoughts and feelings, without trying to work out if they're good or bad
- 'Flow activities', the ones we lose ourselves in, can be mindful. See examples below.

Being more mindful can help us to calm down, deal with things in a better way, and have more focus. This means it can be good for our mental health.

Mindfulness ideas

- **Pennies game** - with a partner (or more people to make it harder), each pick a coin. Study the coin carefully for a minute, then mix the coins up: can you pick out your coin?
- **Senses game** - name 5 things you observe with each of your 5 senses: "I can see..."
- **Eat an orange** - feel it in your hand, smell it, peel it slowly, noticing as much as you can, taste it, see how it feels in your mouth
- **Flow activities** - have you ever been doing something and lost track of the time? Or found you were completely 'in the zone'? You were probably doing a flow activity, concentrating hard and using your body. Try to remember which activity you were doing and see if it happens again!
- **Here are some suggestions:** running, doing keepy-uppies, crafting, jigsaws, playing games, help with cooking or in the garden

Please contact your GP if you are concerned about your own mental health or someone within your family

See **Lets Talk Sheffield** for more info