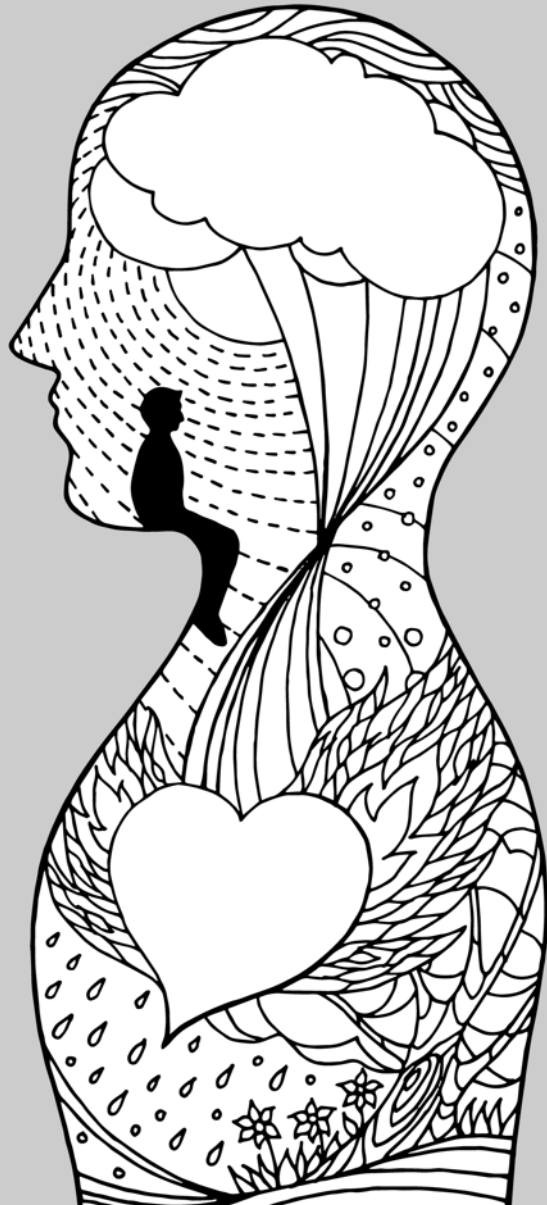


MIND OF MY OWN

Mindfulness Project



What is mindfulness?

A simple explanation is:

Being fully focused on where you are and what you are experiencing in that moment – with no distractions.

Have a go:

- Switch off your device/s.
- Pick up something near you that you can hold in your hand.
- Look deeply at that object. Feel it in your hands. Don't move.
- Just give it all your attention.
- Breathe.
- Keep doing that for a few minutes.

Congratulations!

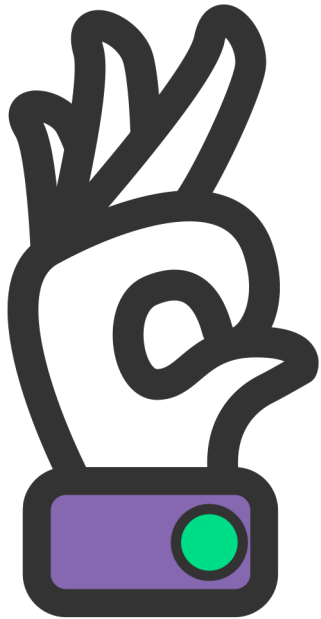
That was a small Mindfulness practice.

Here is another:

- Go find a soft toy.
- Lie down on the floor and place your soft toy on your belly.
- Close your eyes and breathe in, to a slow count of 4.
- Draw the air into your belly, not just your chest. Hold for a count of 2.
- Breathe out slowly, letting all the air out of your body.
- Repeat 8 times, watching and feeling your soft toy moving up and down with your breathing.



Well done!



That was a quick introduction to mindful breathing. When you get used to doing it a lot you will find it very relaxing.

By the way, you don't have to lie on the floor to breathe mindfully.

(Also you don't need the soft toy once you know what you are doing.)

The whole idea is that you can be mindful anywhere any time, without other people even noticing what you are doing



There is loads more to learn....

... but this is just a small project to get you started, so we are going to move on to one particular aspect of mindfulness:

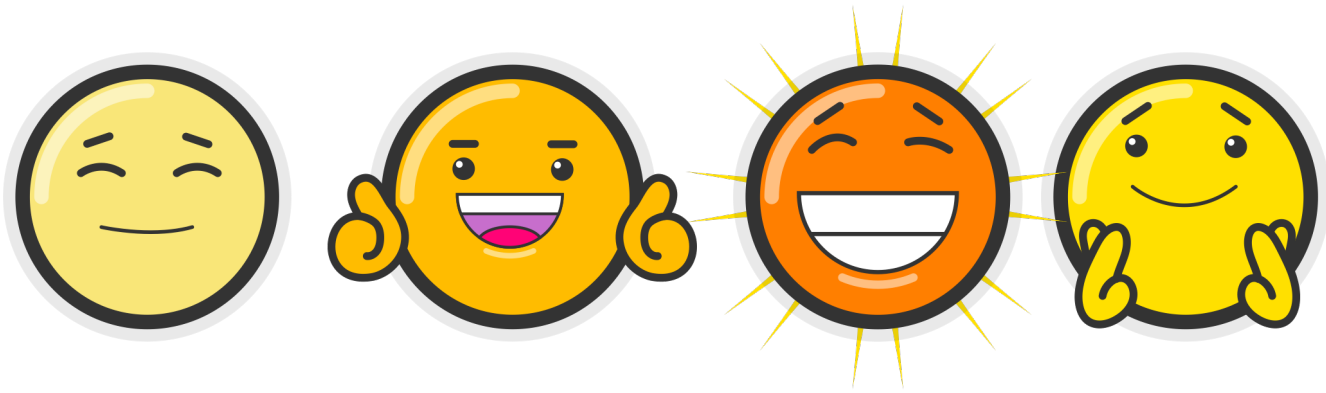
Thankfulness , or gratitude

We chose thankfulness because while so many people are stuck at home and getting fed up, practising thankfulness can really help us stay balanced and positive.

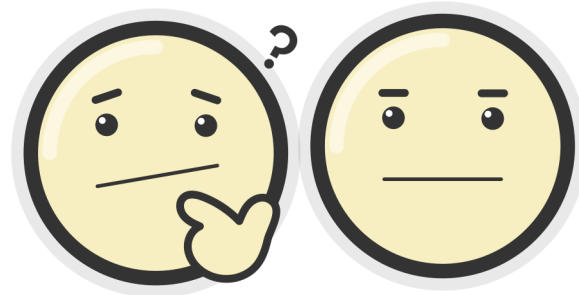
Energy

- Being thankful creates positive energy.
- It makes us feel good – more relaxed and calm, less stressed and grumpy.
- Even when life isn't going well, it is always possible to think of positive things that we can be thankful for.
- Did you know that focusing on positive thoughts and feelings can improve our wellbeing?
- The next page shows some emojis from the One app, organised by positive, negative and neutral energy.
- See if you can imagine the words that go with the icons.

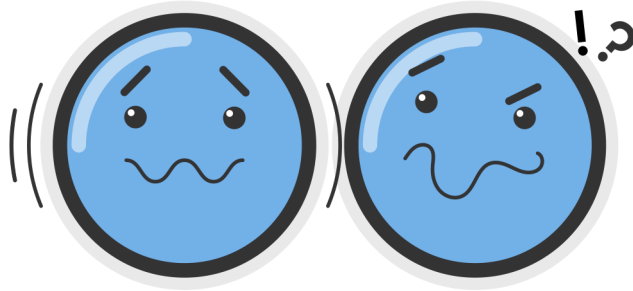




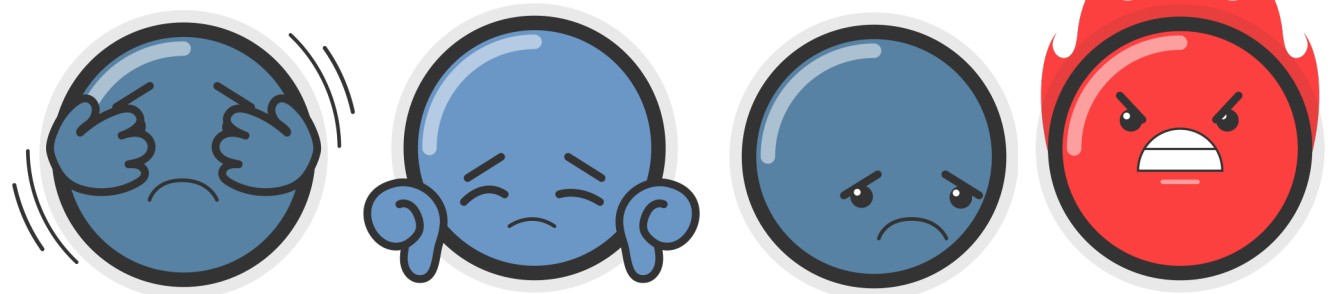
**POSITIVE
ENERGY**



NEUTRAL

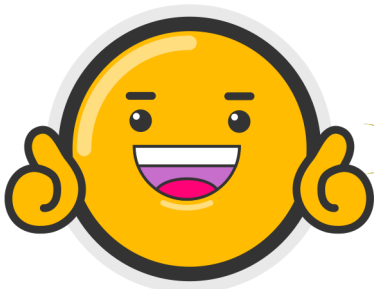


**NEGATIVE
ENERGY**





Calm



Enthusiastic



Excited

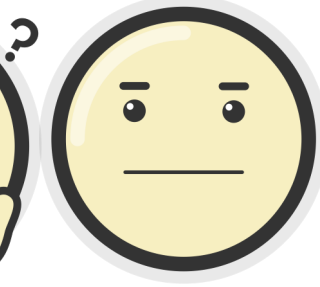
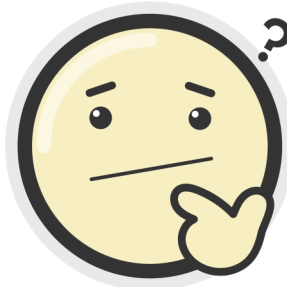


Hopeful

**POSITIVE
ENERGY**



Unsure



OK

IN BETWEEN

Anxious



Confused

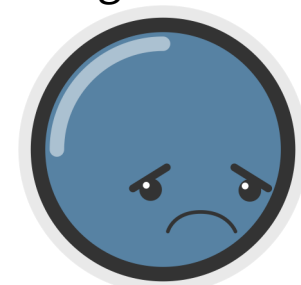
Scared



Unsafe



Ignored



Angry



**NEGATIVE
ENERGY**



Time to start the project



Share my
good news

- To help you with your Mindfulness practice we are going to use the One app to share things to be thankful for.
- Complete 'Share my good news' every day for a week.
- Each day send the statement to your trusted worker or teacher.
- At the end of the week we will do a mindful reflection on how you are feeling.

Use this diary

Try to go to each page day by day.
It will encourage you to keep going with
your mindfulness project.

[Day 1](#)

[Day 2](#)

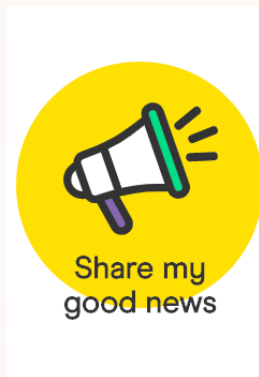
[Day 3](#)

[Day 4](#)

[Day 5](#)

[Review](#)

Day 1



- It's a new day!
- Did you sleep well?
- Is the weather good?
- Can you hear any birds outside?
- Think about good things in your life.
- Log in and share your good news!

<https://one.mindofmyown.org.uk>

Gratitude

Day 2



- You've started brilliantly!
- Try some mindful breathing (remember the ted-on-the-tum exercise)
- Say to yourself "I feel happy about....."
- Think of positive things about having to stay at home.
- Log in and share your good news!

<https://one.mindofmyown.org.uk>

Gratitude

Day 3

- Still with it? You are amazing 😊
- Close your eyes and just be aware of the space around you.
- Let a good thought come into your mind.
- Think about *feeling* good by *doing* good and do something nice for someone.
- Log in and share your good news!

<https://one.mindofmyown.org.uk>



Day 4



- OK you are on your way to becoming a mindfulness hero!
- What do you like about yourself? No negative thoughts allowed, only positive.
- What are you good at? Remember that feeling you get when you do the thing you are good at.
- Just re-live the feeling for a while...
- Log in and share your good news!

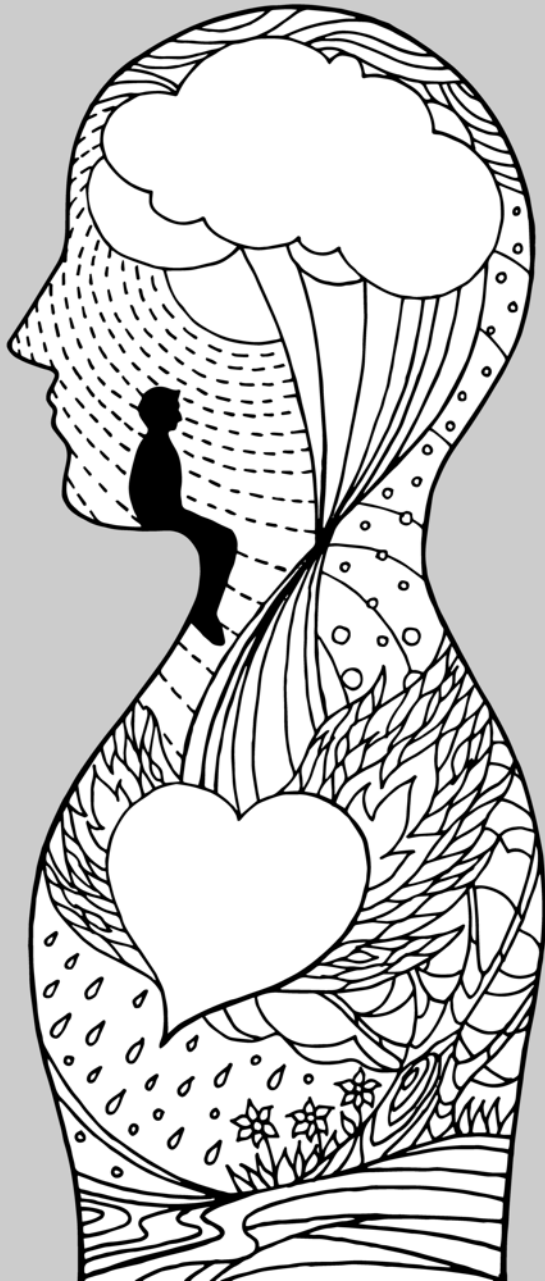
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Day 5



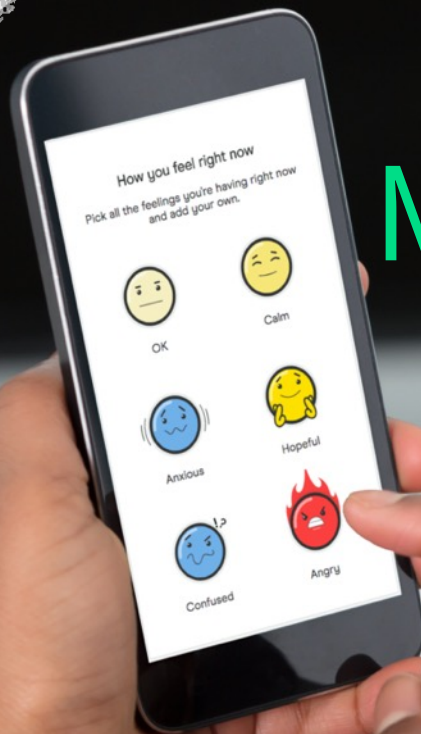
- You got to the end of this Mind Of My Own mindfulness project – that is awesome!
- Close your eyes one more time.
- Picture yourself with a person or people you love and care about. In your mind, see yourself and them looking happy and smiling.
- Enjoy that experience for a while.
- Log in and share your good news!

<https://one.mindofmyown.org.uk>



Review

- Hey, first of all, **CONGRATULATIONS** - you committed to this project and you've done it!
- How do you feel now compared with 5 days ago?
- Go back through your 'Share my good news' statements for the week.
- How did your mood change over the 5 days? Can you think of reasons for any mood changes?
- Were you able to think of at least one piece of good news each day?
- **Do you feel proud of all your positive energy? You should do, it's amazing 😊**
- Find a time to chat about this mindfulness project with your worker (remembering that s/he might be a bit slower to respond because of the coronavirus outbreak.)



MIND OF MY OWN

**If you would like to share
any of this experience
with the Mind Of My Own
team, we would love to
hear from you.**

hello@mindofmyown.org.uk

