

Mindfulness Workshop

Today

- 01 What Is Mindfulness**
- 02 How Can We Practice Mindfulness**
- 03 Will It Work For Me?**
- 04 Questions**
- 05 Useful Information**

Welcome

Explore the benefits of being present in the moment and how mindfulness can enhance self-awareness, reduce stress, and help you respond more thoughtfully to your thoughts and feelings. Learn techniques to cope with difficult emotions, be kinder to yourself, and create space between you and your thoughts. This workshop will include guided breathing exercises to help you connect with your body and promote calmness.

Aims of the session

By the end of this information session, you will be able to understand:

- What is mindfulness.
- How to practice mindfulness.
- Will it work for me?
- Mindfulness Practices.

Creating A Safe & Confidential Space

Before we begin

If you have any questions that you want to ask or anything that you wish to discuss in confidence, please email me at: **ADD TUTORS EMAIL ADDRESS**

Please be aware if it is regarding a safeguarding issue, I will need to act upon this.

- This is a safe space and if you wish to share personal experiences, please feel free to share with the group



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What is Mindfulness?

MIND (www.mind.org.uk)

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.

Mindfulness is a technique you can learn which involves noticing what is happening around you in the “present moment”.

It is to be aware without judgement.

Mindfulness techniques have roots in Buddhism and meditation.

Does not require you to be spiritual or have any particular beliefs.

It is a skill that requires work like any therapy and also needs practice as you would if you were learning a new skill.

Discussion

What experience do you already have of mindfulness?

How Can We Practice Mindfulness?

How to be more mindful

- Notice the everyday
- Keep it regular
- Try something new
- Watch your thoughts
- Name thoughts and feelings
- Free yourself from the past and future
- Different mindfulness practices



Will It Work For Me?

As with everything in our lives we are all individual.
We all experience the world differently.
There is nothing to lose from trying it.

It may:

- Help you to notice how thoughts come and go in your mind.
- Help you to create space between you and your thoughts.
- Help you notice what your body is telling you.
- Reach out to your skills and development coach for support if you feel your mental wellbeing / mental health is becoming compromised.

Open Forum

An opportunity to share your feedback and experiences

Add video title here

Add short video here on easy mindfulness techniques

Open Forum

An opportunity to share your feedback and experiences

Further Information & Reading

Useful Websites

<https://www.mind.org.uk>

<https://www.nhs.uk>

<https://www.mindful.org>

<https://www.headspace.com>

<https://www.mentalhealth.org.uk>

<https://www.better>

EDUCATION & TRAINING FOUNDATION

Mindfulness Apps

- Headspace
- Calm
- The mindfulness app
- Mindfulness & sleep meditation
- Insight timer

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Thank you
Any Questions?