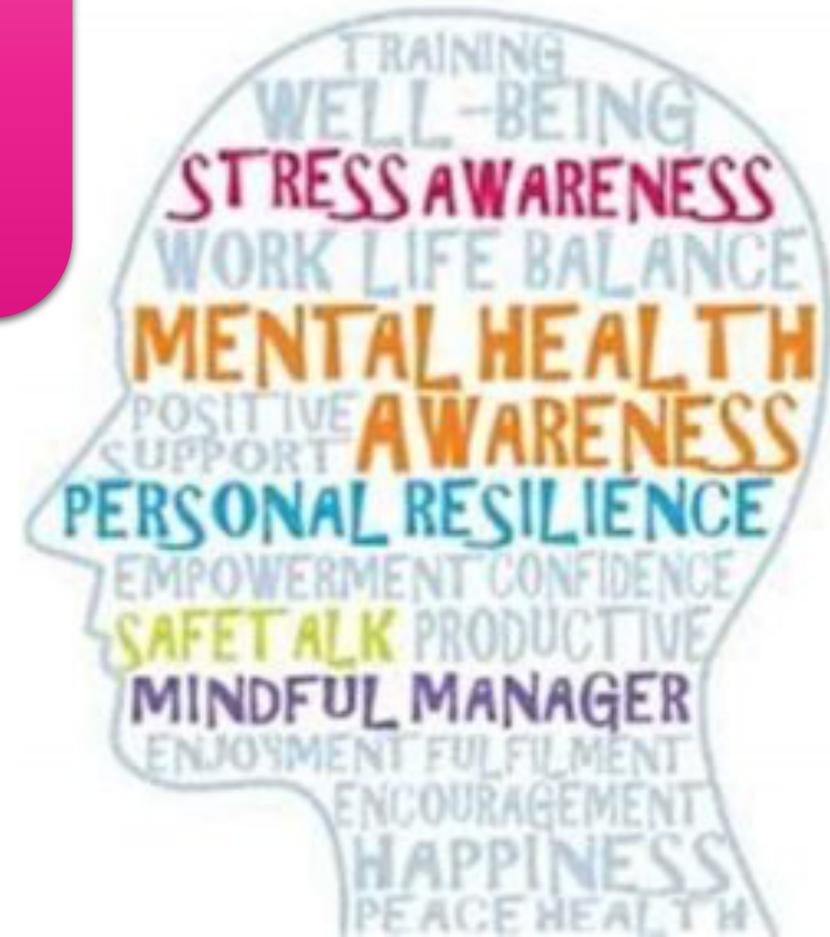


# Mental Health & Well-Being

Lesson 2 – Mindfulness

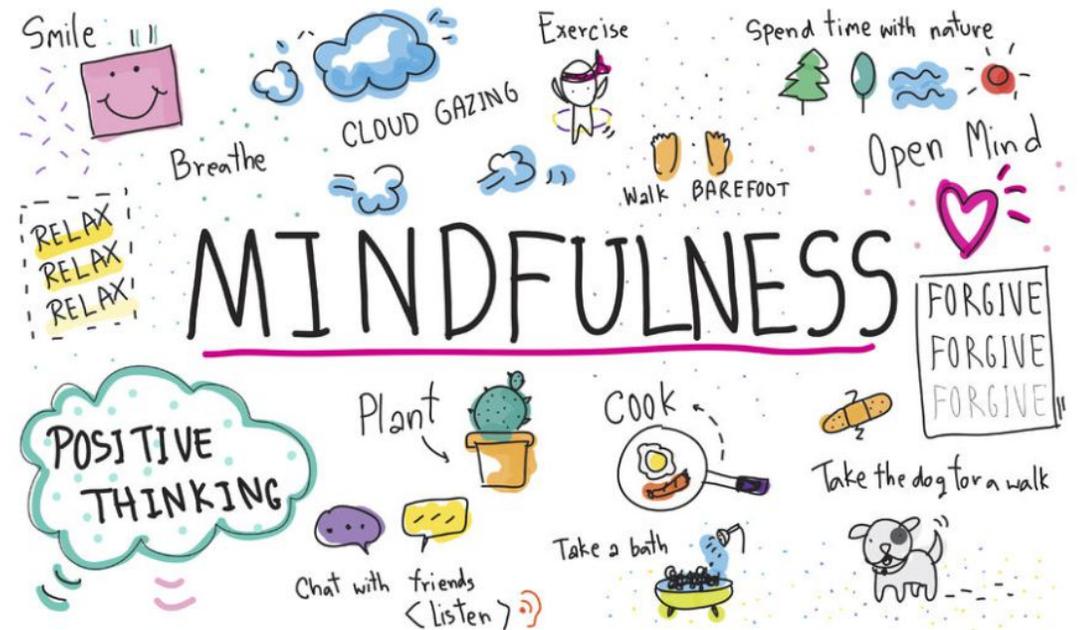


# Mindfulness

Can you answer this question:

**What is mindfulness?**

Write your answer down on a piece of paper, or simply jot down some ideas.



# What is Mindfulness?

Mindfulness is **the quality of being present** and fully engaged with whatever we're doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them.

[How mindful are you? Take the test to find out.](#)





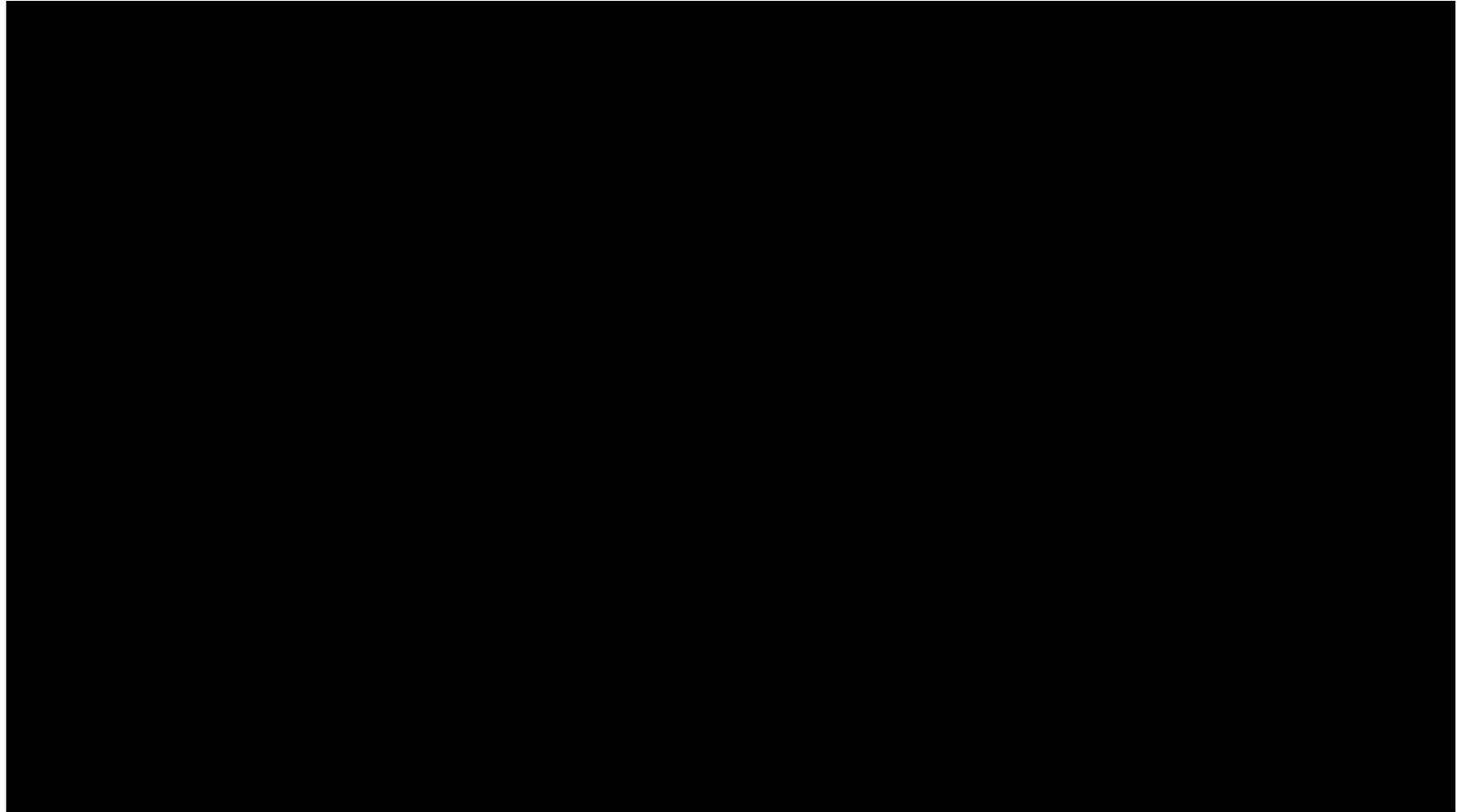
# Everyday Mindfulness

<https://www.youtube.com/watch?v=QTsUEOUaWpY>

# Relaxing the mind using mindfulness

It's natural for our minds to wander. Unfortunately, when we get caught up in thinking too much we miss enjoying the present moment we are in. This is where mindfulness comes in!

Mindfulness can be tricky at first. Our minds are used to wandering, and we will often be tempted to fix on a thought or a feeling. When you first try these exercises, you will probably find that your mind wanders after a minute or two. That's normal — minds do that! Don't give yourself a hard time, remember you are still learning. The more you practice doing that, the better you train your brain to pay attention and the easier it will get.



<https://www.youtube.com/watch?v=sG7DBA-mgFY&t=44s>

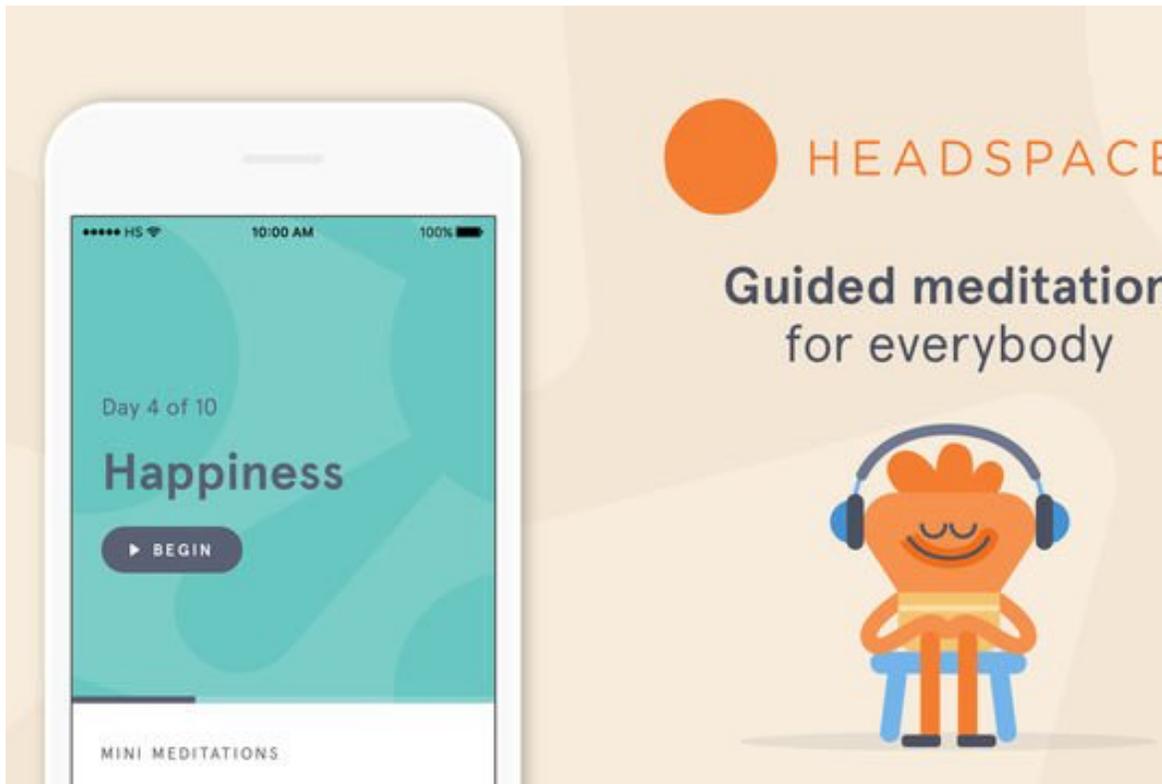


<https://www.youtube.com/watch?v=QHkXvPq2pQE>

Why don't  
you try this  
one  
tomorrow...

# Enjoying mindfulness?

- There are some great apps available to download if you would like to continue practicing mindfulness meditations.
- Similarly there are plenty of videos on you-tube as well.





“If every 8 year old is taught meditation, we will eliminate violence from the world within one generation”

Dalai Lama

# Places to get help if you need it

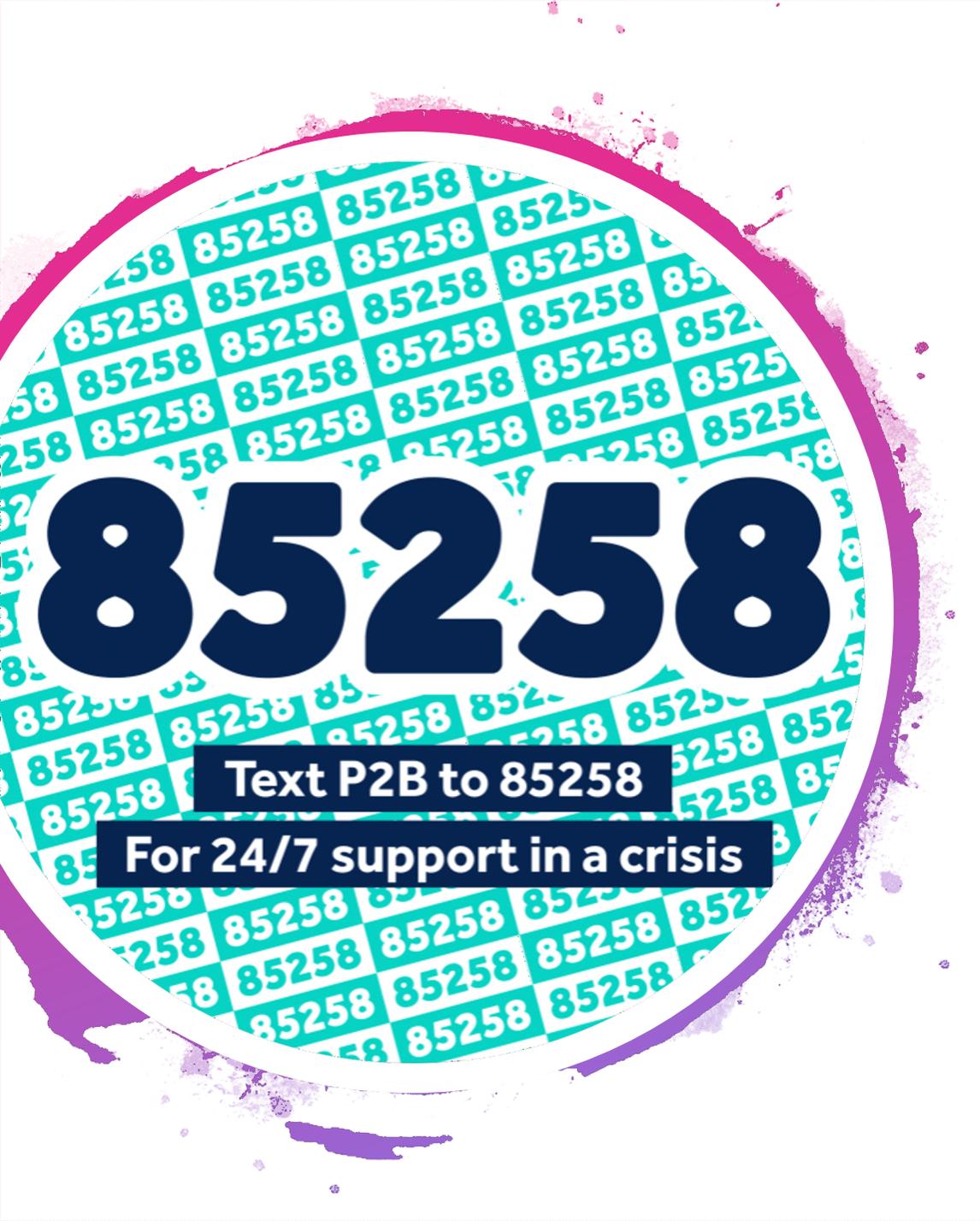
Here are some places you can go if you need someone to talk to:

## **SHOUT! Crisis Text Line**

- Confidential support by text, available 24hrs every day
- Text P2Be to 85258 (it's free)
- See <https://www.place2be.org.uk/our-services/get-help/> for more information

## **Childline**

- Phone 0800 1111 (it's free)
- At the moment, you can call Childline from 9am until midnight • See <https://www.childline.org.uk/> for more information



# 85258

**Text P2B to 85258**

**For 24/7 support in a crisis**

That's all for today, see you again soon! 😊

For more ideas and resources, follow our Mental Health and Wellbeing Twitter feed @THS\_wellbeing and our NEW Instagram @Tynecastle\_hwb



If you have any questions or issues relating to your mental health and well-being, feel free to drop any of us an email.

*The Mental Health and Well-being Team*



“It's okay to do less when you are coping with more.”

