

Mindfulness

Managing
stress, anxiety, depression.

Being at ease





I AM FINDING IT DIFFICULT
TO CONCENTRATE BUT I
AM NOT SURE WHY

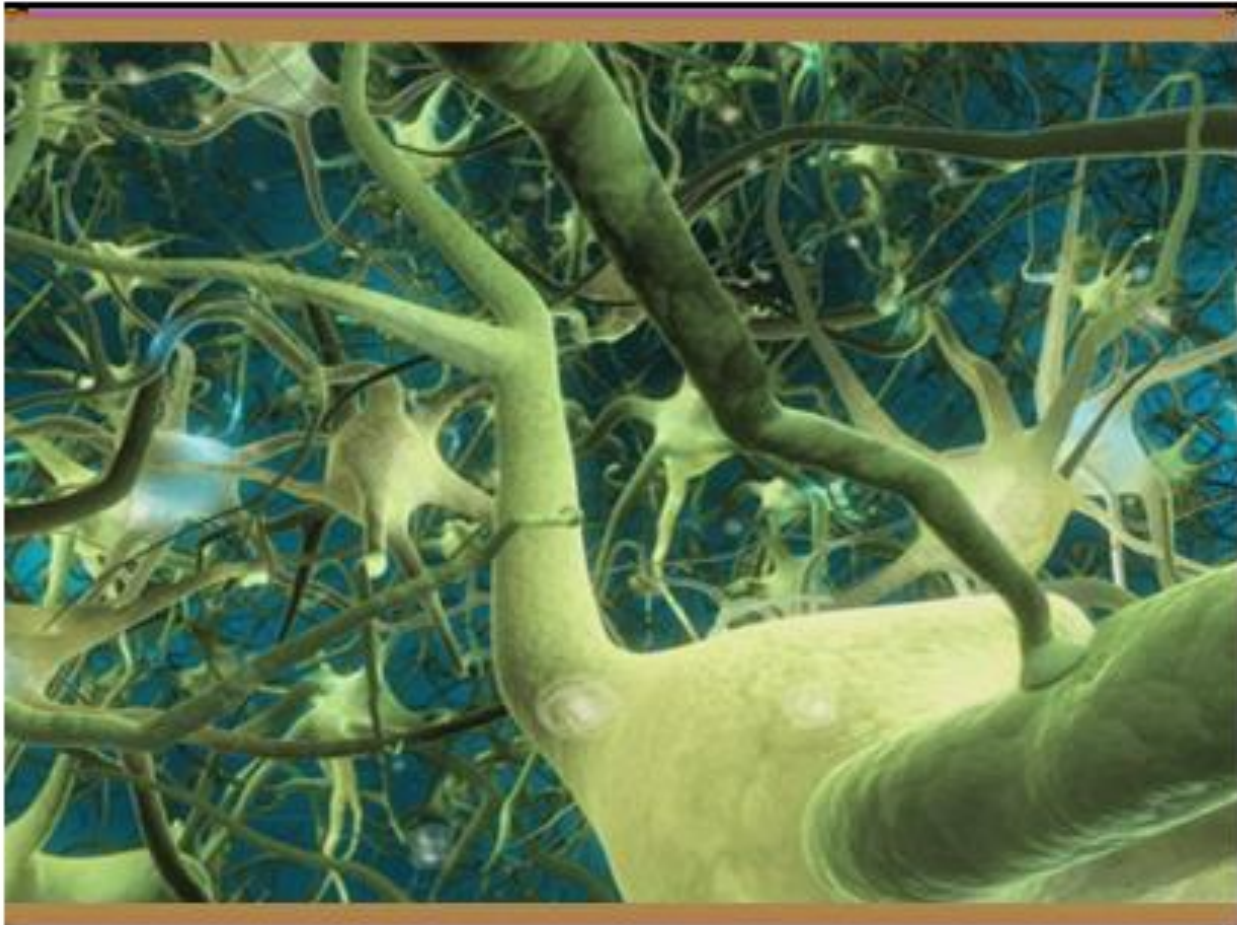
Understanding Stress

When we feel that life is demanding more of us than we feel we can give.



When we are **overwhelmed** so that it affects our ability to function in the way we normally do

- Constant anxiety /Dread
- Nothing is enjoyable
- Sleeplessness
- Social withdrawal / isolation
- Negative self-judgement
- ‘White noise’ of all the above



“Neurons that fire together wire together”

Mindfulness – a better alternative!

Mindfulness:
paying attention to what is being experienced.

Pay attention to the feeling of the breathing, in the feet, body sensations

Observe feelings of stress, anxiety, depression



Re-routes the mind away from anxiety ,stress ,depression

When you observe what the mind is doing, you no longer identify with it and it loses it's power. (90-second shelf-life).

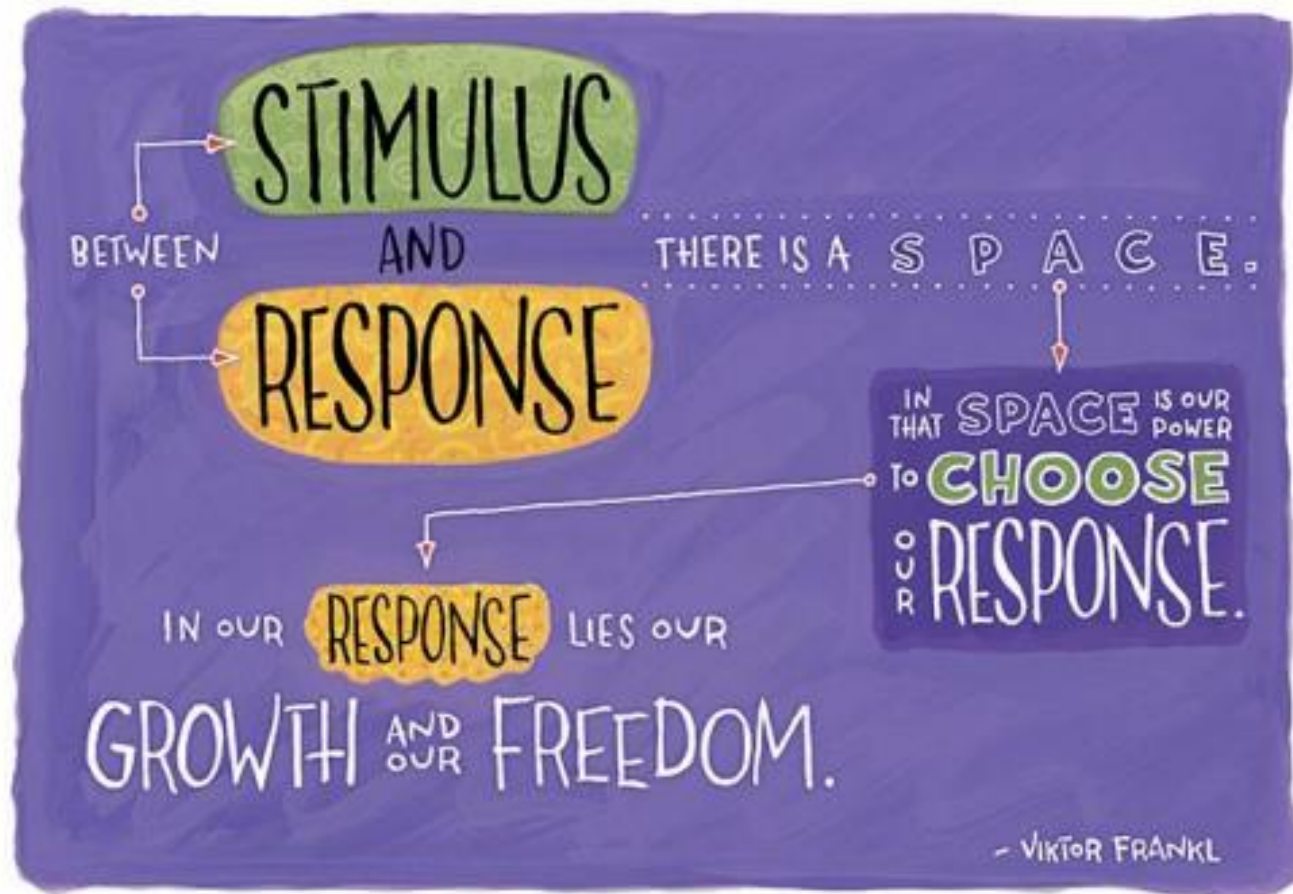
Mindfulness – a better alternative!

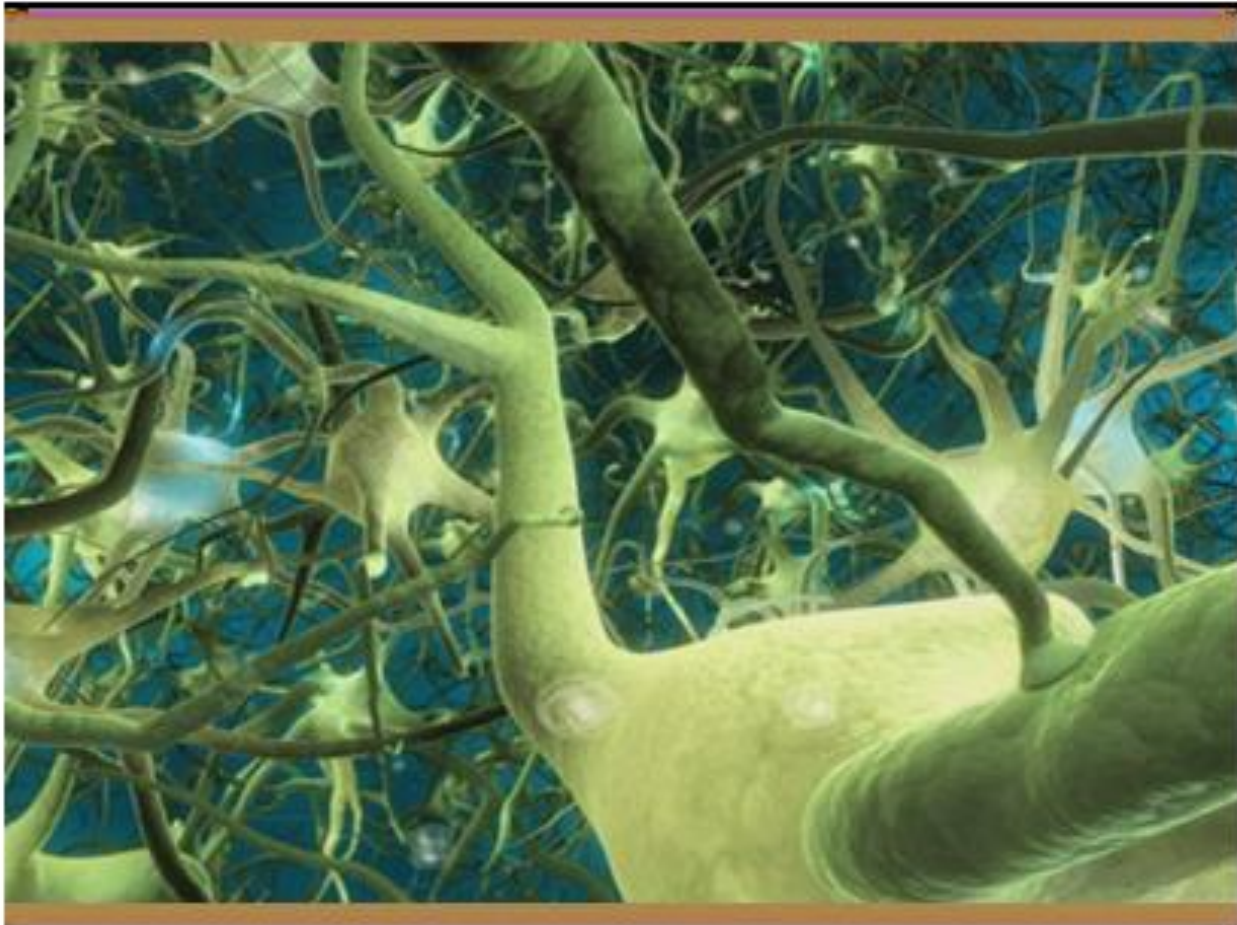
Doesn't remove stress, anxiety, depression.

- Bring calmness to the mind
- Help to recognise that negative thinking behind stress, anxiety, depression is a habit
- An 'emergency' activity – offers control



If we learn to be mindful, we may find
a way to make different choices





“Neurons that fire together wire together”

Talk – friends / parents / relevant teachers

Make a Positive focus:

Positive language – hearing yourself talk positively feeds back to yourself

Visualise – imagine things going smoothly and well; create a positive narrative about yourself

Count blessings – take time to run through a list of everything that supports you in life: ‘ I have family, friends, opportunities, choices, skills and talents’



A free-app of guided meditations and soothing soundscapes that you can play at night to help you fall asleep.