



Mindfulness for Life



Staying connected through Mindfulness

At this time when some of us may be more worried than usual, it is helpful to remember we can use Mindfulness to keep connected with each other and our surroundings. Through Mindfulness we can:

- ◆ Find calm in the present moment by focussing on our breath
- ◆ Remember that by stopping and noticing our surroundings we can settle and calm our minds
- ◆ Feel connected to others and remind ourselves we are not alone
- ◆ Find joy in everyday things
- ◆ Not let our thoughts be carried away by fear and worry
- ◆ Not lose hope about the future and the joys it could bring



Things that we might try:

- ◆ Using our hand washing routine for a moment of mindfulness and as an act of kindness to ourselves
- ◆ Walking or moving in a mindful way
- ◆ Gazing at the sky, garden scenery or a starry sky
- ◆ Watching a favourite comedy or film
- ◆ Keeping in touch with people by phone or social media
- ◆ Just sitting, listening to sounds around us and being aware of our breathing
- ◆ Using Mindfulness apps or sites such as our Mindfulness for Life Hub @ Skills for People



We send many kind wishes and hope.

To hear more contact Mindfulness for Life at Skills for People:

Tel: 0191 281 8737

Email: information@skillsforpeople.org.uk

Web: www.skillsforpeople.org.uk

Or watch our videos on:

<http://skillsforpeople.org.uk/mindfulness-hub>