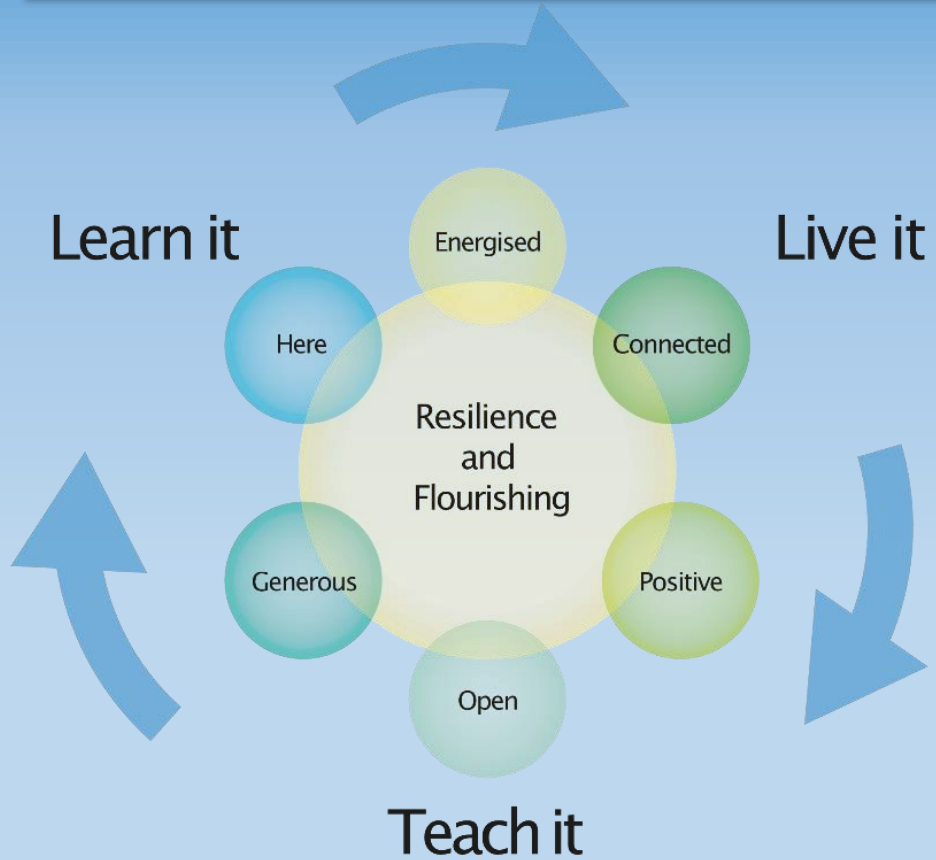


KHS Well-Being – The 6 Strands



Be Connected

Be Energised

Be Positive

Be Here

Be Open

Be Generous

BE HERE



BE HERE/LIVING IN THE MOMENT/BEING PRESENT

Means letting go of the past and not waiting for the future.
It means living your life consciously, aware that each moment you breathe is a gift.

-Oprah Winfrey

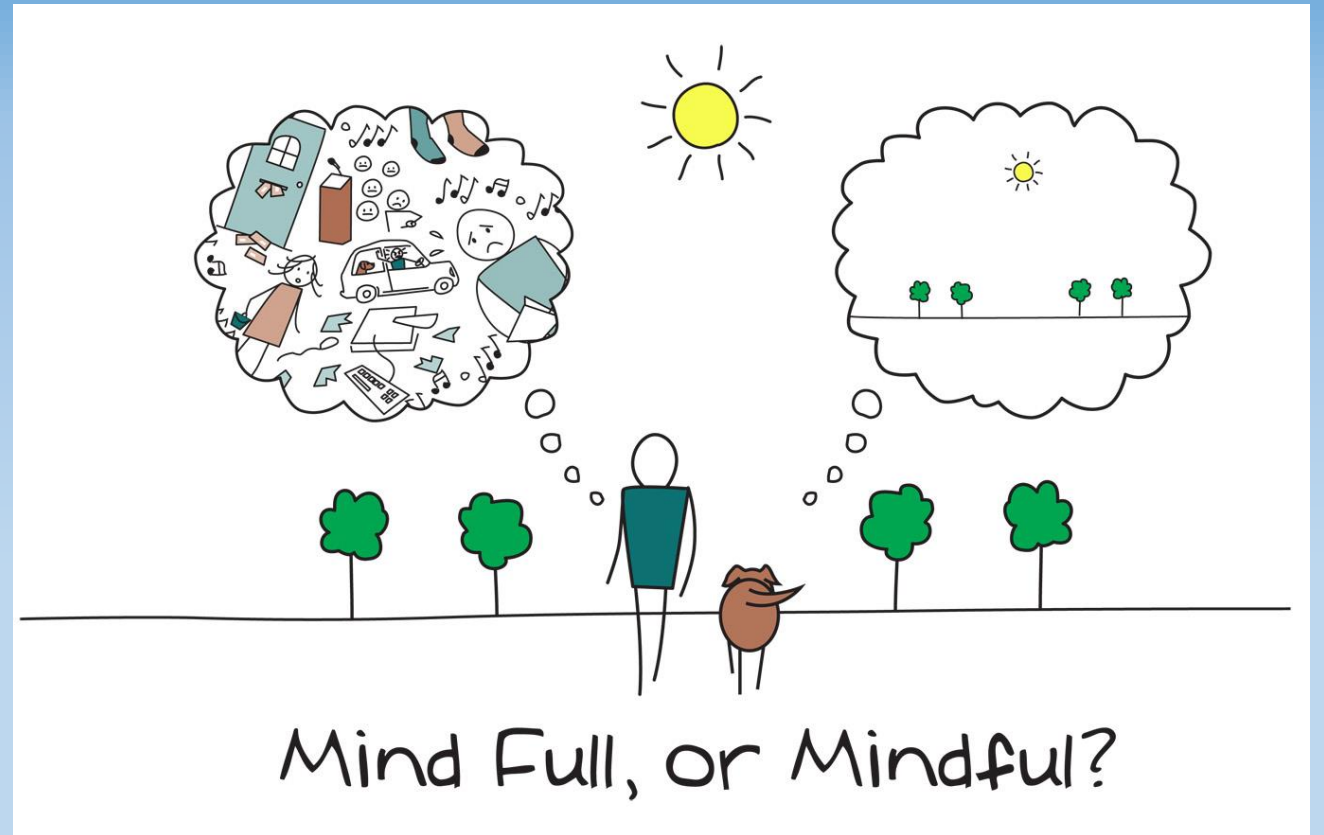
“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.”

-Buddha

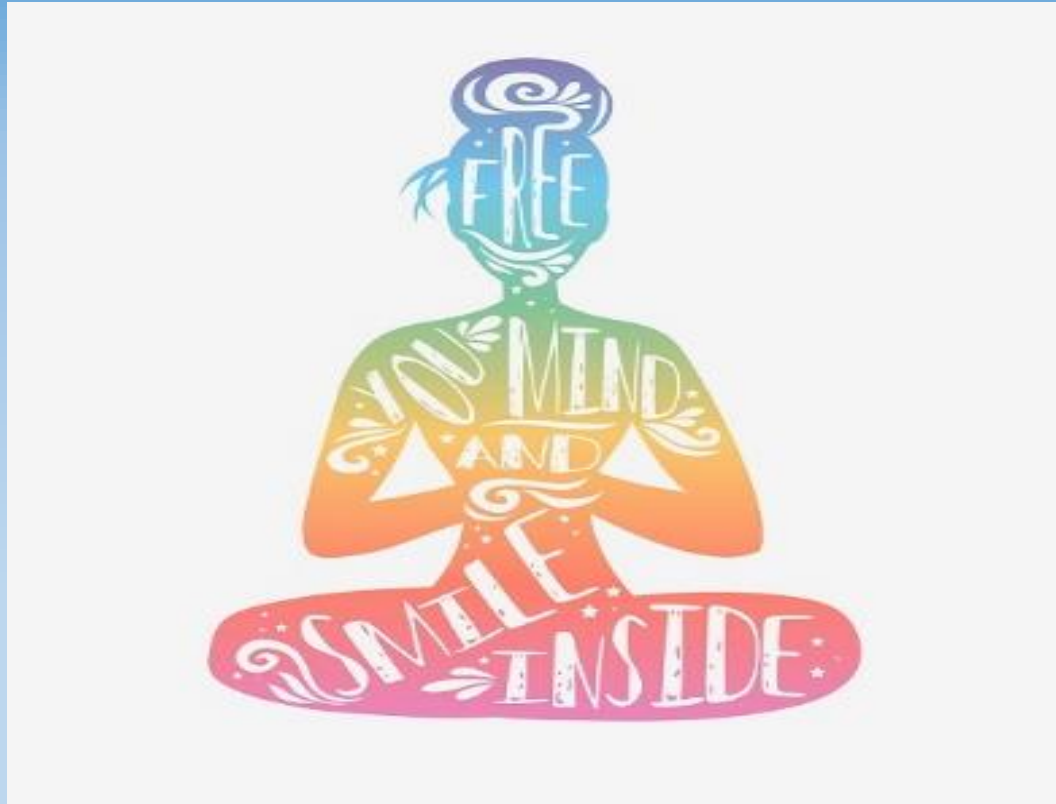
WHAT IS MINDFULNESS?

Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgementally.

-Jon Kabat- Zinn



BENEFITS OF MINDFULNESS



WHAT IS A FLOW STATE?



MINDFULNESS MEDITATION

Meditation doesn't just take practice, it **is** practice. You have to get used to gently letting go of the thoughts and feelings that occur in the mind. But, just like riding a bike, the more you do it, the easier it feels.



WHAT IS MINDFUL BREATHING?



4-7-8 Breathing Technique

Find somewhere comfortable to sit. If you can, close your eyes.

Breathe in through your nose to the count of **four**.

Hold the **breath** to the count of seven.

Exhale through your mouth to the count of eight.

Mini Meditation- Breathe

<https://youtu.be/cEqZthCaMpo>

Grounding Exercise

*For use during a panic attack,
when you need to stay calm,
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

5 things you **see**

4 things you **feel**

3 things you **hear**

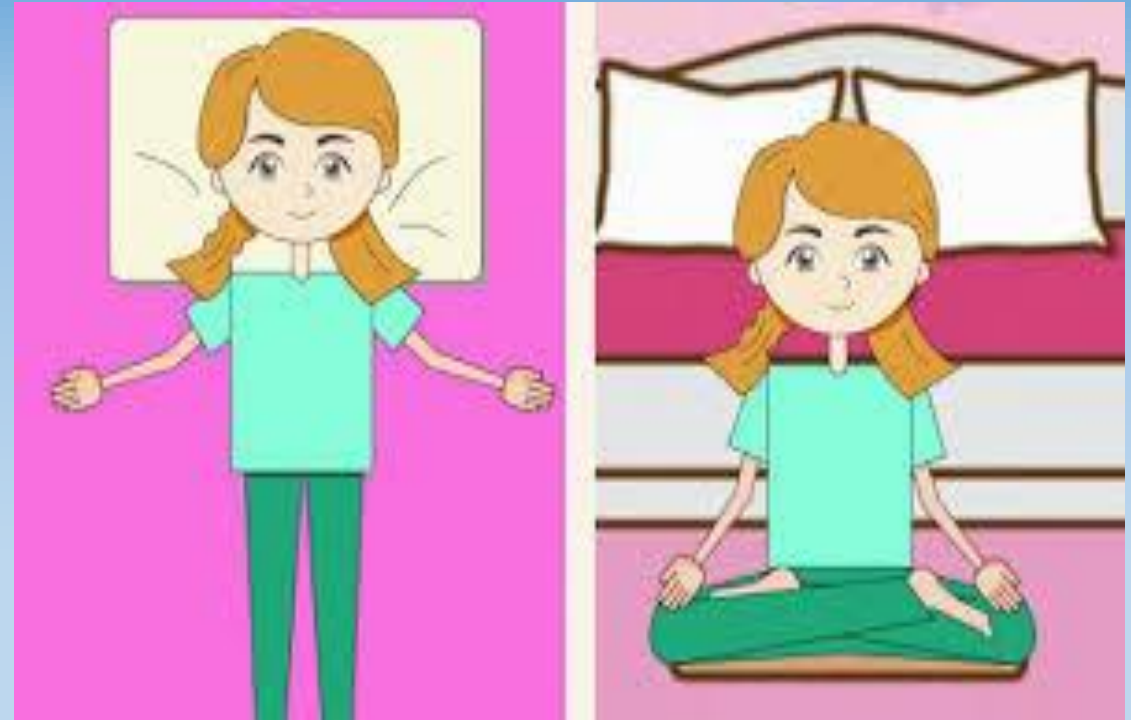
2 things you **smell**

1 thing you **taste**

BODY SCAN MEDITATION

What is the purpose of a body scan?

The body scan is one of the most effective ways to begin a mindfulness meditation practice. The purpose is to tune in to your body—to reconnect to your physical self—and notice any sensations you're feeling without judgement.



- <https://www.youtube.com/watch?v=X462QPGZQt4>


SILENCE...

Silence is good for overall physical health and well-being


A period of silence each day allows the chance to relax and reduce stress levels.

Benefits of Silence


Concentration



Creativity



Awareness




WHISPERROOM INC.

Benefits of Silence

Learning



Productivity



More Patience



WHISPERROOM INC.



A MINDFUL MOMENT.....



PRACTICAL IDEAS TO BE HERE

Concentrate on your breathing, focus on breathing in and out.

When did you last notice the world around you

Some people find that physically holding something can help them be in the present.

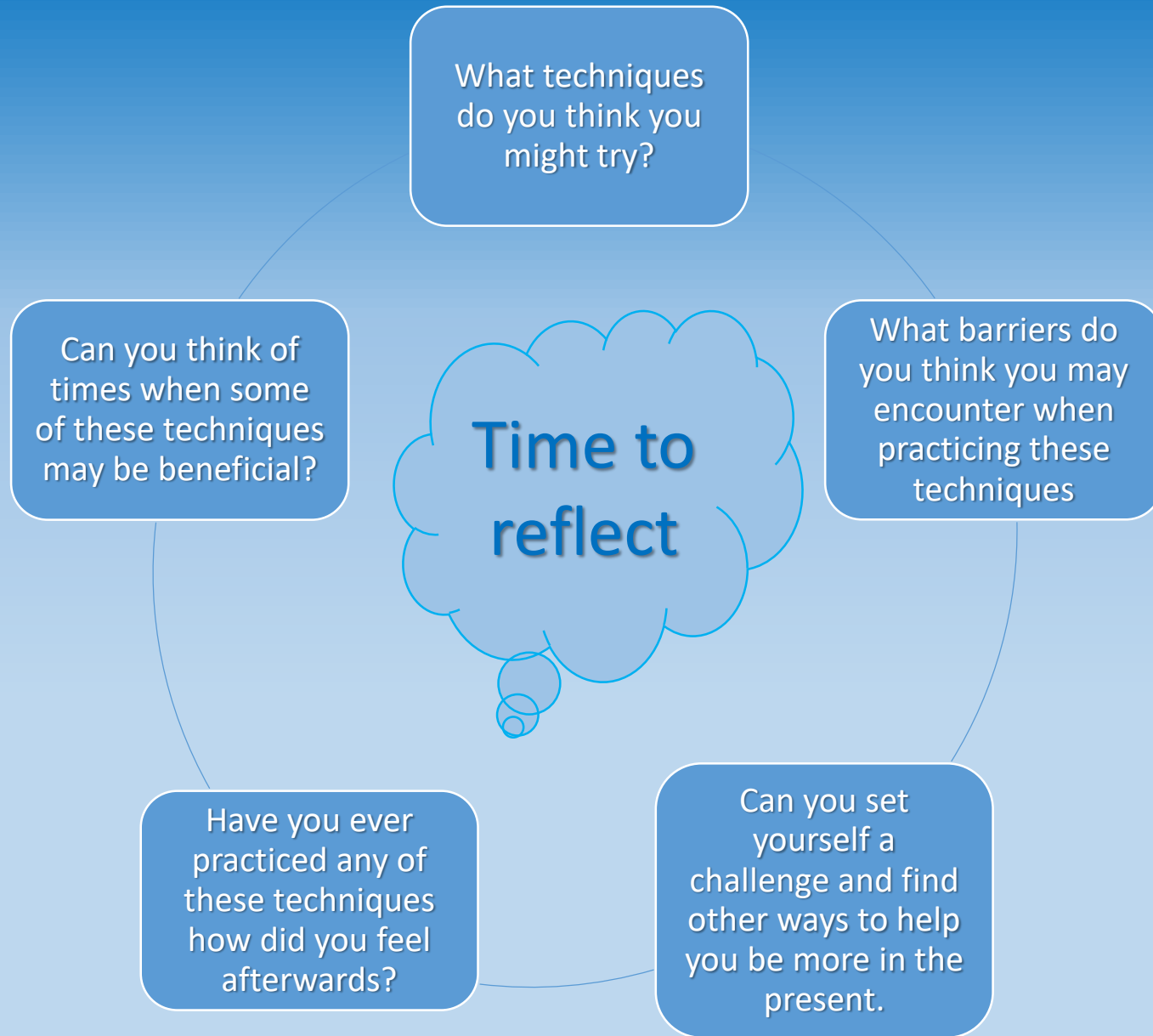
Meditation can really help, but it takes practice.

A box of items that remind you of good/happy
<https://www.annafreud.org/on-my-mind/self-care/hope-box/>

Doing practical things such as going for a walk/run, playing an instrument, painting, drawing, colouring, cooking, reading.

Practice taking time out and sitting in silence
<https://www.annafreud.org/on-my-mind/self-care/silence/>

Establish good routines-
<https://www.annafreud.org/on-my-mind/self-care/organise-your-day/>



Useful links are resources

- <https://www.themix.org.uk/get-support>
- <https://www.childline.org.uk/toolbox/calm-zone>
- <https://www.kooth.com/>
- [https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2020-04-29 mental health resources v8.pdf](https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2020-04-29_mental_health_resources_v8.pdf)
- <https://youngminds.org.uk/find-help/looking-after-yourself/take-time-out/>
- <https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies>
- <https://www.moodscope.com/>
- <https://Calm.com>
- <https://www.headspace.com/>