



Wellbeing Information & Tips

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Mindfulness

It has recently been reported that double the number of people experienced depression in June 2020 compared to July 2019. That makes one in five of us who will experience depression, compared with one in ten of us (from the Office for National Statistics).

Mindfulness is described as '*maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment*' and is recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression in people who have had 3 or more bouts of depression in the past.

In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, along with depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, and obsessive compulsive disorder. However, mindfulness is also a self-help tool and something we can do ourselves at home. We've shared some tips & ideas in the page below on how you can give it a try.

When we practice mindfulness, our thoughts tune into what we're sensing in the present moment, rather than rehashing the past or imagining the future. When we become more aware of the present moment, we begin to experience fresh things that we take for granted, it can help us enjoy the world around us more and understand ourselves better.

"Mindfulness makes me feel safe because even when I can't access my counsellors, carers, medication and relapse prevention plan, mindfulness is still there.

Nothing can take it away."

Quote from mind.org.uk

Along with the benefits to our mental health, some people find that mindfulness can help them manage physical health conditions including chronic pain, gastrointestinal difficulties and insomnia/sleep problems.

Here are some ideas for how you can give mindfulness a go...

- A good place to start is to visit the [Mind website](#) where there is lots of information about mindfulness including mindfulness exercises and personal stories about the benefits.
- Mindful breathing exercises can be a really beneficial way to begin to incorporate mindful practice into your everyday life. Have a go with [this video](#) from [Every Mind Matters](#) (an NHS site full of resources to help maintain good mental health).
- If you would like try daily mindful meditations, there is a [useful guide here](#) to get you started.
- A simple way to practice being mindful of our senses and what is going on in the world around us is the 5.4.3.2.1 technique. Check out this video tutorial [here](#) and give it a go the next time your thoughts are becoming unhelpful.
- Mindful eating is not only another everyday mindfulness habit we can practice, it will also help with our [food and mood](#) relationship. Have a look at [the headspace app](#) for more information.
- Mindful colouring has had a surge of popularity in recent years. There are many detailed, creative colouring books available in shops and online
- Mindfulness can help people of all ages. Check out these [mindfulness tips and activities for children and young people](#).

We will continue to bring you tips, initiatives and ideas so please
keep an eye out!

Next edition: 10th September

