

## WHAT ELSE CONTD:

### TAI-CHI:

Tai-chi combines deep breathing and relaxation with flowing movements. There are several types of Tai-chi so you may need to try different classes to see which you prefer.

Tai-chi is suitable for all fitness levels and ages. The movements are slow and are gentle on muscles and joints.

It is best to do Tai-chi in a class rather than using a DVD or on-line source.

The class instructor can ensure that you are breathing and following postures correctly.

**If you are worried about exercise and have a medical condition consult with your GP before beginning.**

## There are apps you can download to your phone/tablet device to help you :



***Breathe to relax***— portable stress management tool using a breathing exercise.



***Calm***—guided meditations, sleep stories and relaxing music.



***Happify***—Reduce stress and overcome negative thoughts. Includes tools and programs to improve emotional well-being.



***Fear tool***—anxiety kit; contains a thought diary and breathing tools.



***Calm harm***—provides tasks to help you resist and manage self-harm. There are four categories to help target the main reason people self-harm.

**Apps were free to download at time of publishing but may contain in-app purchasing/adverts.**

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VERSION 1 PUB:2019 REVIEW: MARCH 2020

## MINDFULNESS FOR CHILDREN AND YOUNG PEOPLE

A guide to mindfulness and how it can help with mental wellbeing



This leaflet is for information only and is not designed to replace contact with mental health professionals. Contact your GP if you are concerned about any of your symptoms.

## **MINDFULNESS**

Paying more attention to the present moment—to your own thoughts and feelings and to what is going on around you—can help you with your mental wellbeing.

This awareness is often referred to as mindfulness.

Becoming more aware of the things around you can help you recognise the things that you take for granted.

It can also help you recognise the number of thoughts running through your head and focus more on how helpful they are or not.

We all have issues that we find hard to let go or resolve. Mindfulness can help you focus on the things that you have control over and change your way of thinking about a problem.

Mindfulness isn't about sitting in a quiet room and meditating.

It's about doing small things to bring your awareness back to the here and now. You can do this at anytime.

You could be walking to school or to the shops. Instead of allowing your mind to wander as you walk begin to look around you and think about what you can see or feel. For example; who else is around, what can you hear, is the wind blowing, what does that feel like.

You can also just think about your own breath. Notice the air moving into your nose down to your chest, observing the movements, you don't need to change your breathing just notice it, notice it coming back up and out, what parts of your body move with the breath.

You may only do this for a second or two at first before you become distracted again. This is normal. Just notice it happened and then draw your mind back to what you were observing.

The more you practise the easier it will become.

It's important you don't judge yourself. If you only manage it for a short while make sure you tell yourself that it's okay.

If a negative thought enters your head, acknowledge it then refocus. Mindfulness isn't going to take away your worries but it can help you think clearly about what you may need to do to help make it better.

Mindfulness is not nonsense or silly. It does however take effort and work to develop the skill and you need to take the time to practise. You can't try it a couple of times then when in crisis and expect it to work. Practise frequently then, when you really need it you will find that it will come naturally to you.

## **WHAT ELSE COULD YOU DO?**

### **YOGA:**

Yoga is an ancient form of exercise which focuses on strength, flexibility and breathing. Yoga is good for all fitness levels and ages.

There are many different types of yoga, for example; Hatha, Dru and Ashtanga so it important to try different styles to find the one that suits you best.

There are several ways to access Yoga. Many gyms run classes or you can find a studio that runs independent sessions that you pay for individually.

It is better to attend a class initially rather than using a DVD or on-line source. This will enable an instructor to check you are positioning yourself correctly to reduce the risk of injuries.