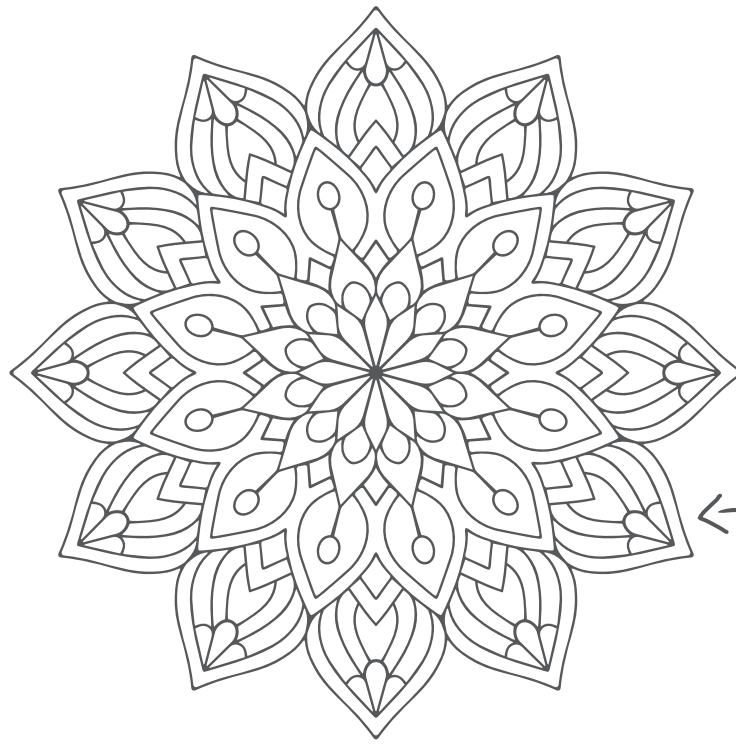


Mindfulness for Mental Health

Mindfulness is a great way to relax and look after your mental health. Try the mindfulness activities below and visit the websites for more mindfulness ideas!



← Colour me in!

Mindfulness techniques to try



Technique 1 – Thoughts are like clouds

Close your eyes and focus on your breath. As a thought pops into your head, acknowledge it and let it float away like a cloud. Bring your focus back to your breath.

Technique 2 – 5, 4, 3, 2, 1

During stressful times, it can be useful to focus on your senses to help calm anxious feelings and ground yourself. Think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 things you can taste.



Want to know more?

Visit www.headspace.co.uk
Or www.calm.co.uk
Or download The Mindfulness App

