

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. Some droplets are at the top, some at the bottom, and some in the middle. They have highlights and shadows, giving them a 3D appearance.

MINDFULNESS

HOW TO COPE WITH STRESS AND WORRY

GROUNDING YOURSELF

- SIT UP STRAIGHT IN YOUR CHAIR
- PLACE YOUR FEET FIRMLY ON THE FLOOR – DO NOT CROSS YOUR LEGS OR ANKLES
- MAKE SURE YOU ARE COMFORTABLE
- HANDS EITHER ON THE DESK, ON YOUR LAP OR BY YOUR SIDE – WHATEVER IS MOST COMFORTABLE
- CLOSE YOUR EYES AND THINK ABOUT HOW YOU CAN FEEL THE FLOOR UNDER YOUR FEET
- TRY TO RELAX YOUR SHOULDERS, NECK AND BACK
- BREATHE

BREATHING EXERCISE 1

- FOR THESE EXERCISES YOU CAN CLOSE YOUR EYES BUT YOU DO NOT HAVE TO HAVE YOUR EYES CLOSED
- MAKE SURE YOU ARE 'GROUNDED' FIRST AND SITTING IN A COMFORTABLE POSITION
- CLOSE YOUR EYES
- BREATHE IN FOR THE COUNT OF 7 AND THEN OUT FOR THE COUNT OF 11 – THE BREATHING IN SHOULD BE THROUGH YOUR NOSE AND THE BREATHING OUT SHOULD BE THROUGH YOUR MOUTH
- DO THIS FOR 3 – 5 MINUTES

BREATHING EXERCISE 2

- FOR THESE EXERCISES YOU CAN CLOSE YOUR EYES BUT YOU DO NOT HAVE TO HAVE YOUR EYES CLOSED
- MAKE SURE YOU ARE 'GROUNDED' FIRST AND SITTING IN A COMFORTABLE POSITION
- CLOSE YOUR EYES
- BREATHE IN FOR THE COUNT OF 7 THEN OUT FOR 7 BUT AS YOU BREATHE TRY TO IMAGINE YOU ARE FORMING THE SIDES OF A BOX – YOU DON'T NEED TO MOVE YOUR HEAD JUST IMAGINE THIS IN YOUR MIND
- DO THIS FOR 3 – 5 MINUTES

BREATHING EXERCISE 3

- FOR THESE EXERCISES YOU CAN CLOSE YOUR EYES BUT YOU DO NOT HAVE TO HAVE YOUR EYES CLOSED
- MAKE SURE YOU ARE 'GROUNDED' FIRST AND SITTING IN A COMFORTABLE POSITION
- CLOSE YOUR EYES
- BREATHE IN FOR THE COUNT OF 7 THEN HOLD YOUR BREATH FOR THE COUNT OF 4 AND THEN BREATHE OUT FOR THE COUNT OF 1
- DO THIS FOR 3 – 5 MINUTES

BREATHING EXERCISE 4

- FOR THESE EXERCISES YOU CAN CLOSE YOUR EYES BUT YOU DO NOT HAVE TO HAVE YOUR EYES CLOSED
- MAKE SURE YOU ARE 'GROUNDED' FIRST AND SITTING IN A COMFORTABLE POSITION
- CLOSE YOUR EYES
- PUT YOUR FINGER OVER ONE SIDE OF YOUR NOSE, SO COVER THE NOSTRIL AND THEN BREATHE IN FOR THE COUNT OF 7, THEN SWAP AND COVER THE OTHER NOSTRIL AND BREATHE OUT FOR THE COUNT OF 7 (DON'T DO THIS IF YOU HAVE A COLD)
- DO THIS FOR 3 – 5 MINUTES

MINDFULNESS LISTENING

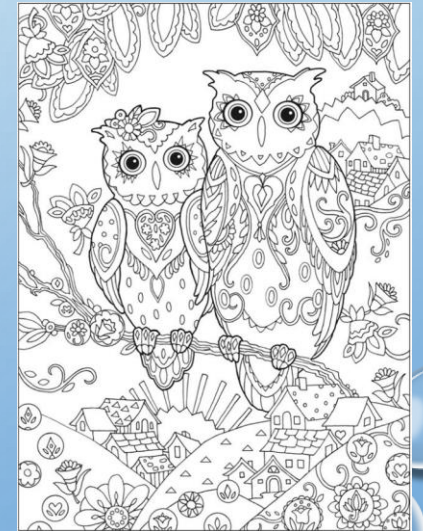
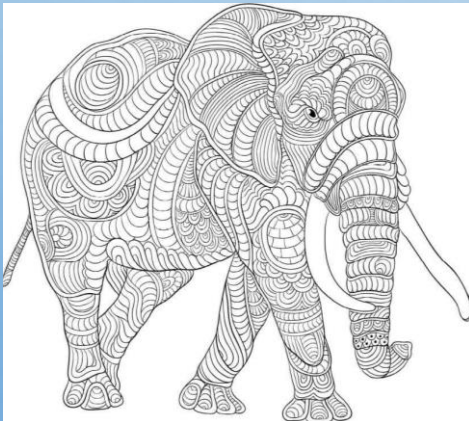
- MAKE SURE YOU ARE 'GROUNDED' FIRST AND SITTING IN A COMFORTABLE POSITION
- CLOSE YOUR EYES

JUST SIT IN SILENCE AND TRY TO FOCUS ON ANY SOUNDS THAT YOU CAN HEAR AROUND YOU – TRY TO WORK OUT WHAT THEY ARE. YOU MAY NOT BE ABLE TO HEAR ANYTHING SPECIFICALLY BUT ALL YOU NEED TO FOCUS ON IS LISTENING.

DO THIS FOR 3-5 MINUTES AND JUST RELAX WHILE DOING IT, FORGET ABOUT ANYTHING ELSE AND FOCUS ONLY IN WHAT YOU CAN HEAR.

MINDFULNESS COLOURING

- THERE ARE LOTS OF BOOKS AND IMAGES ON THE INTERNET THAT YOU CAN FIND WHICH CAN BE COLOURED IN
- IF YOU ARE WORRIED OR FEEL A LITTLE STRESSED YOU COULD HAVE ONE OF THESE BOOKS OR SOME SHEETS WHICH YOU USE FOR 10-15 MINUTES TO HELP YOU TO CALM DOWN
- YOU SHOULD NOT TALK TO ANYONE DURING THE TIME YOU ARE DOING THIS



LISTENING TO MUSIC

- LISTENING TO MUSIC CAN BE A GOOD WAY TO CALM YOU DOWN AND TAKE AWAY ANY WORRIES
- HOWEVER IT SHOULDN'T BE TOO LOUD, TOO FAST OR ANYTHING THAT IS LIKELY TO DISTRACT YOU FROM RELAXING
- IT SHOULD BE 'CHILL OUT MUSIC'