


Smile 

Breathe 
CLOUD GAZING

Exercise 

Spend time with nature 
Open Mind 



RELAX
RELAX
RELAX

Walk  BAREFOOT

MINDFULNESS

FORGIVE
FORGIVE
FORGIVE

POSITIVE
THINKING

Plant 
Chat with friends <listen> 

Cook 
Take a bath 


Take the dog for a walk 

We're Darlington Mind...

**Our mission is to promote good
mental health and wellbeing.**



We Offer The Following Projects
for young people at Darlington
Mind;

- **De-Caf Youth Café**
(Mon 6-8pm & Sat 11-2pm)
- **Self Harm Counselling**
- **Peer Support Group**
- **Awareness Sessions**



Our Aims Today

- To identify what Mindfulness is
- Look at Mindfulness practices



Mindfulness v Mindlessness



Mind Full, or Mindful?

Mindfulness

Mindfulness v Mindlessness

- Sometimes it is easier to understand what something is by identifying what it is not.
- If we look at the opposite of Mindfulness and explore what it is like to be Mindless this might give you more of an idea what Mindfulness is.



Mindlessness

When we act mindlessly we might find ourselves doing some of the following...

- Half listening to someone whilst doing a different task at the same time
- Eat/drink without really being aware of it
- Forgetfulness



Mindlessness

- Losing touch of the present moment
- Get lost in thoughts/feelings
- Ruminating on the past, worrying about the future

Can you think of a time you may have done this?



What is mindfulness?

“Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally”

Jon Kabat-Zinn



What is Mindfulness?

- Mindfulness is about being aware of the present moment and experiencing your sensations, thoughts and emotions without judgment.
- It is a tool that helps us cope with chaotic lives and the stress of day to day activities. It gives your brain a chance to rest and recharge.



The Benefits of practicing mindfulness

- By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past. They are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.



The Benefits of practicing mindfulness

- scientists have discovered the benefits of mindfulness techniques help improve physical health in a number of ways.
- Mindfulness practice can:
 - help relieve stress
 - treat heart disease
 - lower blood pressure
 - improve sleep



Thought Hunter

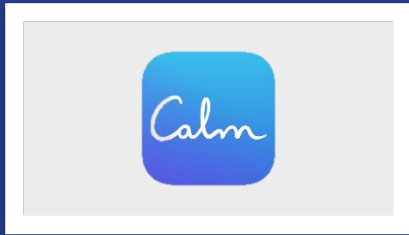
This exercise helps us become more aware of our thoughts.

The thoughts we are not aware of are the ones that make us feel what we feel and want what we want. And push us into actions we might not have done with more conscious thought.

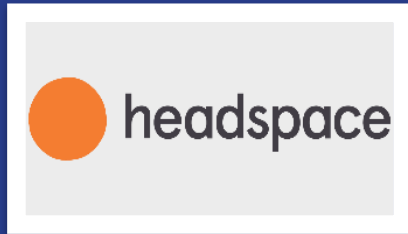
One to two minutes of this exercise is more than enough.



Mindfulness Apps



Calm has so many different aspects to it including breathing exercises, unguided timed meditation.



It even has a buddy system for you and your friends to motivate one another, reminders so you can stay on track, and you can even download sessions to use offline.



Mindfulness Apps



Stop, Breathe, & Think: Meditation and Mindfulness

More than 55 meditations with timers and sharing with friends, tracking your emotions before and after your meditative experience.



Happify is designed to reduce negative thoughts and build resilience. There are many uses for this app including building self-confidence, reducing stress.



Lets have ago.....

- **Russell Brand will now discuss the benefits of mediation and we will take part in Mindfulness practices.**







Now decide on
one thing that you
will start doing
everyday...



For further support

Talking Changes

Mental Health referral service - Your call will be treated in confidence and a member of staff will be able to answer any questions that you may have.

0191 333 3300 or www.talkingchanges.org

Kooth

Online free counselling service for emotional wellbeing platform for young people in Hartlepool, Darlington and Stockton area aged 11-18 years old.

Darlington Mind

Free counselling service, peer support group for young people

01325 283169 or www.darlingtonmind.com

