LEARN MINDFULNESS

Find a teacher in your area: bemindful.co.uk

Do a 4-week online course: bemindfulonline.com

Listen to wellbeing podcasts and watch videos about mindfulness: mentalhealth.org.uk

HOW TO SUPPORT US

Make a donation:
mentalhealth.org.uk/donate

Take part in a challenge event or hold your own awareness and fundraising event:
mentalhealth.org.uk/events

Sign up to our e-newsletter:
mentalhealth.org.uk/updates

Like us on Facebook:
facebook.com/mentalhealthfoundation

Follow us on Twitter:
twitter.com/MHF_tweets

Talk to friends and family about mental health.

MENTAL HEALTH FOUNDATION

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

- Talk about your feelings
- Keep active
- Eat well
- Drink sensibly
- Keep in touch
- Ask for help
- Take a break
- Do something you’re good at
- Accept who you are
- Care for others

Mental Health Awareness Week
11-17 May

For more information on Mindfulness visit
BeMindful.co.uk
The Mental Health Foundation is working to end the inequalities that face people experiencing mental health problems.

We develop and run research and delivery programmes across the UK and use what we learn to inform and influence government policy, offering straightforward and clear information on every aspect of mental health.

Read more: mentalhealth.org.uk

**WHAT IS MINDFULNESS?**

Mindfulness is paying attention to the present moment, without getting stuck in the past or worrying about the future. This can really change the way you manage and react to stressful situations, giving you a valuable tool to stay mentally healthy, and an ever-expanding body of evidence shows that it really works.

**WHY DO WE NEED MINDFULNESS?**

How we think and feel about ourselves and our lives impacts on our behaviour and how we cope in tough times. It affects our ability to make the most of the opportunities that come our way and play a full part amongst our family, workplace, community and friends. It’s also closely linked with our physical health. Whether we call it wellbeing, emotional welfare or mental health, it’s key to living a fulfilling life.

**MINDFULNESS CAN HELP**

Depression, Anxiety, Stress, Wellbeing, Chronic pain, Eating disorders, Concentration, Productivity

**MINDFULNESS WORKS WITH YOU**

You can tailor mindfulness to suit your needs: sitting or standing; inside or outside, for five minutes or five hours.

Walking, Yoga, Meditation, Painting, Listening to music

**MINDFULNESS ACTIVITY**

**FOCUS ON YOUR BREATHING**

This is a chance for you to step out of the mode of constantly doing things, and allow time for just being.

1. Find a comfortable posture. Close your eyes. Allow your body to be held, supported by the chair. Notice the sensation of your body in contact with the chair.

2. Become aware of your breath, tune into the sensations of breathing, wherever you feel them. No need to change the way you’re breathing, just tuning in, wherever you feel it.

3. Sometimes you’ll find that your mind wanders – and that’s not a problem – it’s what the mind does. Whenever you notice your mind wandering, acknowledge it, and then gently return your attention to the breath.

4. This is something you could do any time in the day, wherever you are – at the computer, on the bus, standing in a queue – taking a good posture, taking a few mindful breaths.