

# ROOTED IN RESILIENCE

## Practical mindful activities and resources

On the following pages are some simple mindfulness activities and resources to help you find calm, and practise self-compassion during your day.

Check out the links to short videos on different relaxation techniques, some simple breathing exercises to try, and links to one minute mindfulness podcasts.

### The key four steps to self compassion

When things feel overwhelming it's important to be kind to yourself. Remembering the four key components of self-compassion, whilst practicing the relaxation techniques in this booklet, can help.

Your reminder of the four steps to self-compassion:

**Awareness:** Being attentive and aware of the fact that suffering is occurring.


**Normalising:** Recognising that what we experience is universal and not our fault.

**Kindness:** Approaching the pain felt with kindness and understanding.

**Alleviation:** Taking action to alleviate the suffering through comforting and caring actions.

### Eight simple relaxation tips for your mental health

Get inspired by this short animation from Mind with eight relaxation tips for your mental health

 **YouTube** <https://youtu.be/cyEdZ23Cp1E>



### Mental health apps and wellbeing podcasts

There are lots of wellbeing apps. Some promote healthy habits and wellbeing prompts to help integrate wellbeing into your daily routine. Mind have created an [app library](#) of safe, trustworthy mental health apps.

There are many different podcasts and audio downloads to strengthen your mental wellbeing.

Here are two that are free and easily accessible:



[The mindful minute](#)



BBC's Help Me Relax [one minute podcast](#) updated weekly



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## Breathing exercises

There are many different breathing exercises. We've selected two that take just a few minutes and can be done anywhere when feelings of stress, anxiety and panic rise.

Chosen to be discreet, these calming breathing techniques can easily be done at your desk, or as part of your working day.

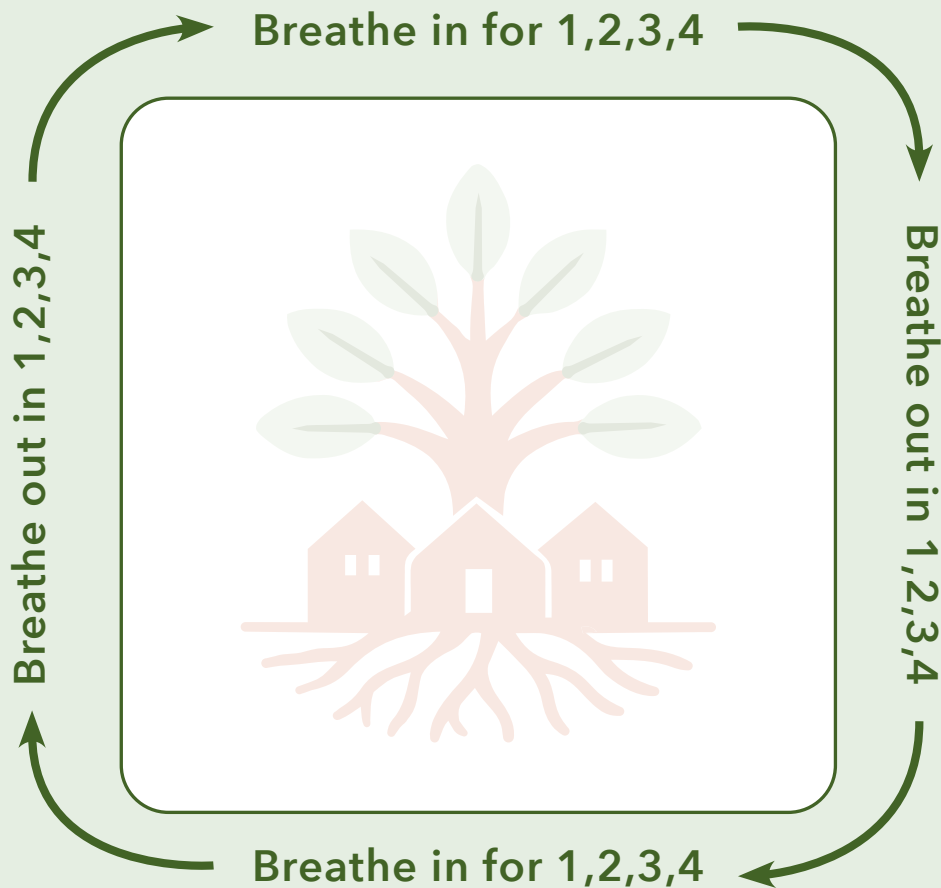
## Energising breaths

This is a great exercise to make you feel more energised and alert

- Take a couple of deep, slow breaths to ground yourself
- Now breathe in, through your nose, for four short sharp breaths (do these back-to-back)
- Then exhale in one long slow breath
- Repeat five times.

## Box breathing

Breathe in for four seconds, while tracing one side of the box.  
Breathe out for four seconds, while tracing the next side of the box.  
Breathe in again for four seconds, tracing the third line of the box.  
And out for four seconds while tracing the last side of the box.



## Meditation

### One-minute grounding meditation

This is a simple exercise to centre yourself, tune in to the sensations in your body, and engage with your environment.

Practise it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

- Sit down in a comfortable position
- Plant your feet into the floor
- Push them down - notice the floor beneath supporting you
- Notice the tension in your legs as you push your feet down
- Now shift your attention to the feeling of your body in the chair and the feeling of gravity flowing down through your head, spine, and legs into your feet
- Now expand your awareness back to the room you are in. Take a second to notice what you can see and hear around you
- Notice where you are and what you're doing, then gently go on with your day.

### One-minute awareness meditation

This exercise shifts focus from the current sensations in your body to your immediate environment.

This is a great exercise to practice throughout the day and is particularly helpful in those moments you may feel overwhelmed and caught up in your worries and feelings.

You can complete this exercise while sitting or standing.

- Pause what you are doing for a moment
- Look around you and notice five things you can see. As you notice them, silently name them in your mind
- Now shift your attention back to your environment and notice five things you can hear. Again, gently naming them in your mind
- Finally, notice five things you can feel in contact with your body, and continue to name them gently to yourself. You may, for example, notice the watch against your wrist, the air on your face, your feet upon the floor, your back against the chair, and your shirt against your skin
- Now gently bring your attention back to what you were doing and proceed with your day mindfully.



*Taking one minute to pause and rest your mind can boost your resilience for the rest of the day*



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