

# Mindfulness

BY L



# WELCOME TO MY MINDFULNESS PRESENTATION...



# WHAT IS MINDFULNESS?



Mindfulness is about:

- ❖ It helps us when we are in hot mind (emotional – happy/angry/sad etc) or cold mind (no emotion – robotic)
- ❖ Being in the present moment.
- ❖ Not worrying about the past or the future or getting distracted by what is happening on the ward.
- ❖ If you do, bring yourself back to the exercise.

# RULES OF MINDFULNESS...

- 1) 1 thing at a time.
- 2) Notice your thoughts/feelings/urges and let them go...
- 3) Participate fully.
- 4) No judging.



**KEEP  
CALM  
&  
FOLLOW  
THE RULES**

# WHY DO WE DO MINDFULNESS?

- ▶ To ground us when things are too much in our head.
- ▶ To learn coping strategies.
- ▶ To teach us how to live with hard emotions.



# REMEMBER.....

There is NO WRONG in mindfulness...



# MINDFULNESS ROLE PLAY...

- ▶ SCENARIO A
- ▶ SCENARIO B

# MINDFULNESS PRACTICAL TASK





# THANK YOU FOR COMING

- ▶ Please share with the group 1 thing that you have learnt/enjoyed in the group.

