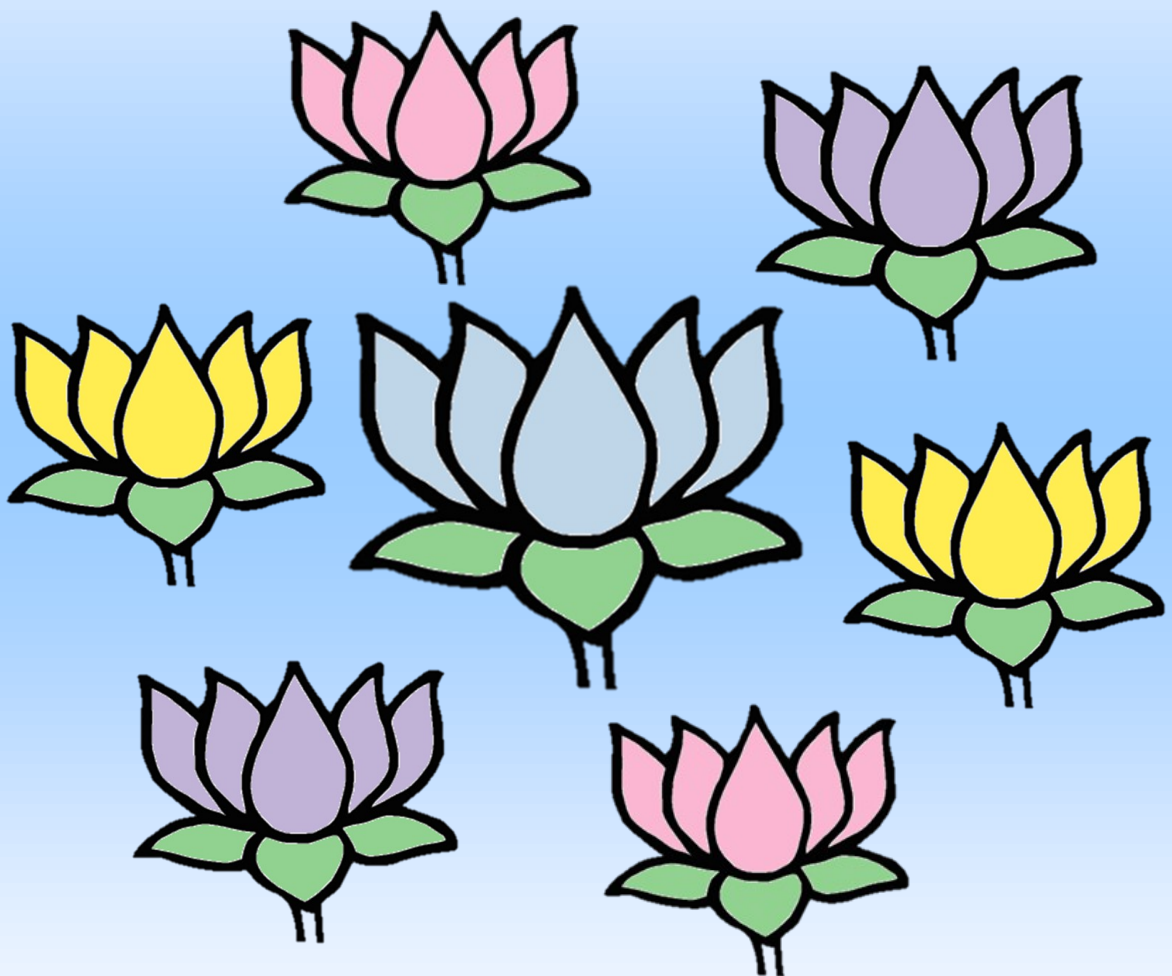




Prohealth UK
THERAPY, SELF-HELP & TRAINING

A Guide to Mindfulness



NAME :

WWW.PROHEALTHUK.ORG



Introduction

What is mindfulness?

Mindfulness is a way of paying attention to the present moment by using different meditation and breathing techniques. It involves consciously bringing awareness to our thoughts and feelings, without making judgments about them. It is a method for observing what is happening at this very moment, in our bodies, minds, and the world around us. By paying attention to our thoughts and feelings in this way, we can become more aware of them, less wrapped up in them, and more able to manage them.

Research has shown that mindfulness is helpful for people with mental health problems such as depression, anxiety or chronic physical illness. Often people with these conditions struggle with or resist their experiences, especially when they are painful. Mindfulness, is a way of experiencing things “as they are”. By paying careful attention to how things are in a non-judgmental way, we can see what is happening more accurately and respond more effectively in all areas of our lives. In this way, it enhances our quality of life and well-being.

CONTENTS

PART 1— What is my learning style—VAK

PART 2—Seven Eleven Breathing

PART 3—Conscious Observation

PART 4— Mindful Colouring

PART 5— Worrying

PART 6—Guided Imagery

PART 7— Colour Relaxation

PART 8— Music

PART 9— Second Count & Affirmations

PART 10— Audio Download & Other Resources



1. What is my learning style?

Learning Style

Everyone processes and learns new information in different ways. There are 3 main cognitive learning styles. The parts of each learning style listed below can help you understand how you learn and what methods of learning best fits you. Understanding how you learn can help maximize time by incorporating different techniques to custom fit your objectives. Each preferred learning style has methods that fit the different ways an individual may learn best. You can find out your own learning style on the next page.

Common Characteristics

Visual Learner

- Uses visual objects such as graphs, charts, pictures, and seeing information
- Can read body language well and has a good perception of aesthetics
- Able to memorize and recall various information
- Tends to remember things that are written down
- Learns better in lectures by watching them



Auditory Learner

- Retains information through hearing and speaking
- Often prefers to be told how to do things and then summarizes the main points out loud to help with memorization
- Notices different aspects of speaking
- Often has talents in music and may concentrate better with soft music playing in the background



Kinaesthetic Learner

- Likes to use the hands-on approach to learn new material
- Is generally good in math and science
- Would rather demonstrate how to do something rather than verbally explain it
- Usually prefers group work more than others



There is an image at the bottom of each page to denote the sort of activity!



Tick the box that represents your preference. At the end count up how many K's A's & V's you have. The letter you selected most will be your preferred learning style.

	K		A		V	
1.	<input type="checkbox"/>	I prefer lessons where we can do something practical – or at least move around.	<input type="checkbox"/>	I prefer lessons where we can discuss things.	<input type="checkbox"/>	I prefer lessons where there is something to look at (like a picture, chart, diagram or video) or something to draw.
2.	<input type="checkbox"/>	I often fiddle with things in class (a pen, paper clip or rubber band.)	<input type="checkbox"/>	I often sing or hum to myself in class.	<input type="checkbox"/>	I often doodle in class.
3.	<input type="checkbox"/>	When learning a new skill, I prefer to just get on with it.	<input type="checkbox"/>	When learning a new skill, I prefer someone to explain to me how to do it.	<input type="checkbox"/>	When learning a new skill, I prefer to watch someone else show me how to do it.
4.	<input type="checkbox"/>	When the adverts come on the telly – I get up and do something.	<input type="checkbox"/>	When the adverts come on the telly – I like to sing along with them.	<input type="checkbox"/>	When the adverts come on the telly – I like to watch them.
5.	<input type="checkbox"/>	I would prefer to act out a story.	<input type="checkbox"/>	I would prefer to listen to a story.	<input type="checkbox"/>	I would prefer to see a comic strip of a story
6.	<input type="checkbox"/>	I am good at learning physical skills.	<input type="checkbox"/>	I have a good memory for people's names.	<input type="checkbox"/>	I have a good memory for faces.
7.	<input type="checkbox"/>	I prefer teachers who get us to do something.	<input type="checkbox"/>	I prefer teachers who explain things to us.	<input type="checkbox"/>	I prefer teachers who use diagrams to show us things.
8.	<input type="checkbox"/>	If I get in trouble in class it's for fidgeting.	<input type="checkbox"/>	If I get in trouble in class, it's for talking.	<input type="checkbox"/>	If I get in trouble in class, it's for drawing on the desk or all over
9.	<input type="checkbox"/>	On a long journey I can't wait until we stop so I can walk around.	<input type="checkbox"/>	On a long journey I like to listen to music or talk to the other travellers.	<input type="checkbox"/>	On a long journey I like to look at the scenery or read a long book.
10.	<input type="checkbox"/>	I use my hands a lot when I am talking.	<input type="checkbox"/>	When I am discussing something, I sometimes use words my friends don't know.	<input type="checkbox"/>	When I am discussing something, I like to doodle.
11.	<input type="checkbox"/>	If I could be famous, I would be a sportsperson (or dancer).	<input type="checkbox"/>	If I could be famous, I would be a singer.	<input type="checkbox"/>	If I could be famous, I would be a film-star.
12.	<input type="checkbox"/>	I would rather go outside and play.	<input type="checkbox"/>	I would rather listen to my favourite music.	<input type="checkbox"/>	I would rather watch my favourite TV programme.
13.	<input type="checkbox"/>	I lose concentration if I have to sit still for a long time.	<input type="checkbox"/>	I get distracted in class if I can hear something happening outside.	<input type="checkbox"/>	I get distracted in class if I can see something outside the window
14.	<input type="checkbox"/>	I am good at making things.	<input type="checkbox"/>	I am a good listener.	<input type="checkbox"/>	I am good at drawing.
15.	<input type="checkbox"/>	Out of these 3 jobs – I would prefer to be a mechanic.	<input type="checkbox"/>	Out of these 3 jobs – I would prefer to be a radio DJ (or presenter).	<input type="checkbox"/>	Out of these 3 jobs – I would prefer to be an artist (or designer)
16.	<input type="checkbox"/>	In my spare time I would prefer to do something physical, such as sport or dancing.	<input type="checkbox"/>	In my spare time I would prefer to listen to music or chat with friends.	<input type="checkbox"/>	In my spare time I would prefer to watch TV or a video.
17.	<input type="checkbox"/>	The type of puzzle I would prefer is "Spot the difference".	<input type="checkbox"/>	The type of puzzle I would prefer is "Name that tune".	<input type="checkbox"/>	The type of puzzle I would prefer is "Rubik's cube".
18.	<input type="checkbox"/>	If I needed to build a Lego model, I would try to work out which bits fit together.	<input type="checkbox"/>	If I needed to build a Lego model, I would get someone to explain how or to read the instructions to me.	<input type="checkbox"/>	If I needed to build a Lego model, I would follow the diagram or the picture on the packet.



2. Seven Eleven Breathing

This technique is good for instant relaxation and getting to sleep.

- Settle yourself comfortably somewhere that you won't be disturbed.
- Make sure your clothes are loose.
- Sit or lie comfortably with your hands side by side in your lap, or your arms by your side and your legs uncrossed, well supported.
- Close your eyes.
- Now concentrate on becoming aware of your feet on the floor, of your legs and arms, wherever they are resting, and your head against the cushion, pillow or chair back.
- Then begin to make each out-breath longer than your in-breath. This works because the out-breath stimulates the body's natural relaxation response. Breathe in and out through your nose.
- By changing your pattern of breathing in this way your body automatically begins to relax. Breathe in to the count of 7, take a very slight pause and then breathe out gently and more slowly to the count of 11. Do this about 10 or 20 times, knowing that you will relax more each time.
- Concentrate on the counting (don't let your mind wander off) and feel the welcome sense of calm gradually flow in. Imagine seeing the numbers on a whiteboard.



Count 1 to 7

First, count from one to seven
on each "in" breath ...



Count 1 to 11

... then, counting at the same
rate, count from one to eleven
on each "out" breath

Just do it a few times, wherever you are, if you feel so wound up that you can't make a simple decision, or are nervous. If you find it *easier*, substitute 3/5 for 7/11. The important thing is that your out-breaths last longer than your in-breaths.



All learning styles



3. Conscious Observation

The Raisin Technique

We take for granted every-day occurrences without stopping to 'notice' them. Conscious Observation is a good exercise to take one of these moments and experience all it has to offer. The following example uses a single raisin, but you could use any small piece of food.

Holding

First, take a raisin and hold it in the palm of your hand or between your finger and thumb. Focusing on it, imagine that you've just dropped in from Mars and have never seen an object like this before in your life.

Seeing

Take time to really see it; gaze at the raisin with care and full attention. Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.

Touching

Turn the raisin over between your fingers, exploring its texture, maybe with your eyes closed if that enhances your sense of touch.

Smelling

Holding the raisin beneath your nose, with each inhalation drink in any smell, aroma, or fragrance that may arise, noticing as you do this anything interesting that may be happening in your mouth or stomach.

Placing

Now slowly bring the raisin up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the object in the mouth, without chewing, noticing how it gets into the mouth in the first place. Spend a few moments exploring the sensations of having it in your mouth, exploring it with your tongue.

Tasting

When you are ready, prepare to chew the raisin, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in the mouth and how these may change over time, moment by moment, as well as any changes in the object itself.

Swallowing

When you feel ready to swallow the raisin, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow the raisin.

Following

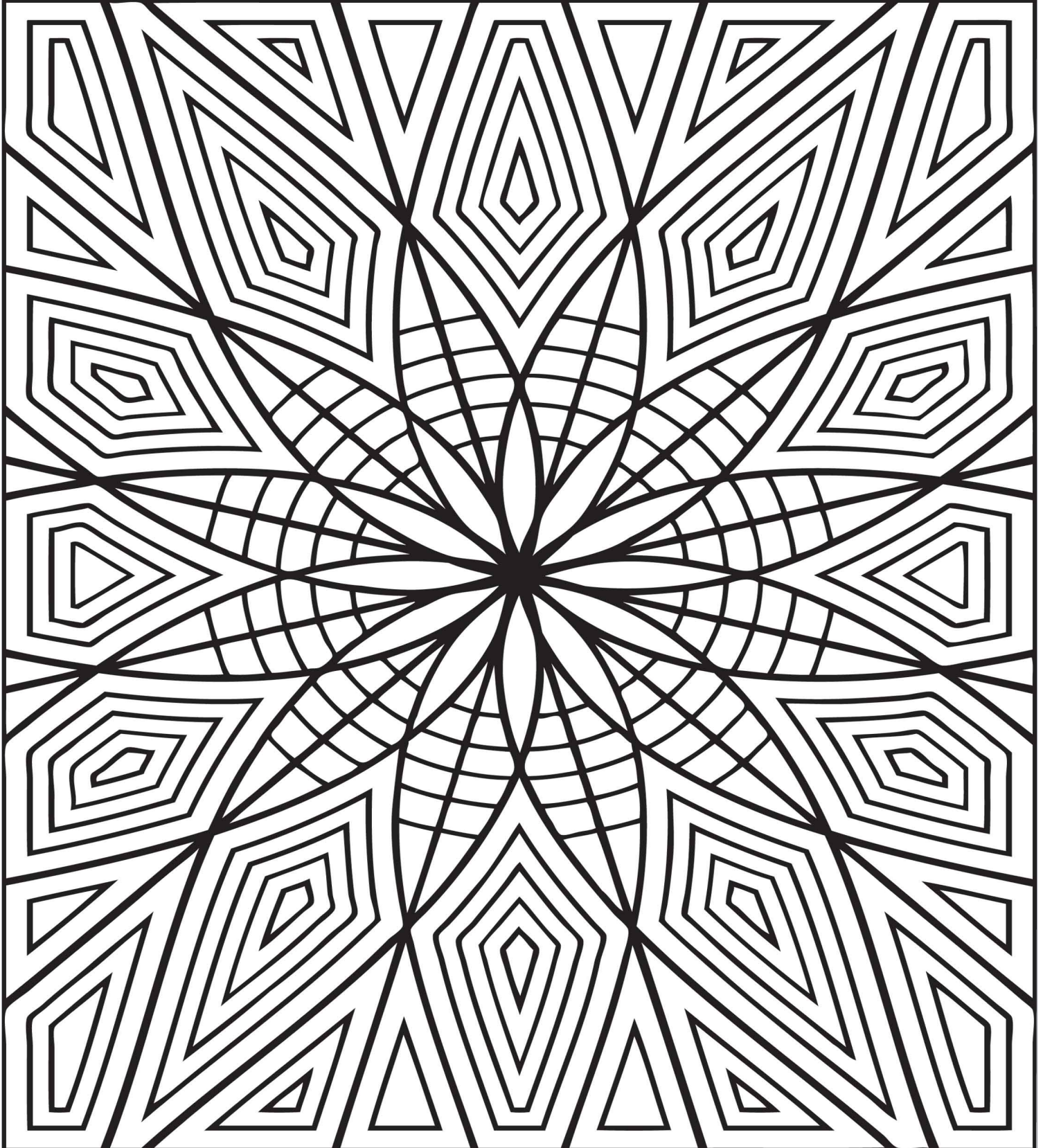
Finally, see if you can feel what is left of the raisin moving down into your stomach, and sense how the body as a whole is feeling after completing this exercise in mindful eating.





Prohealth UK
THERAPY, SELF-HELP & TRAINING

4. Mindful Colouring



© 2007 Geometrip, LLC.

www.geometrip.com



Tactile & Visual Learning





5. Worrying

The "Just Worrying" Labelling Technique

It is often helpful to differentiate worrying from constructive problem solving. Worrying involves repetitive circular thinking, which is associated with anxiety and produces no practical outcomes.

This technique simply involves labelling worry as "*just worrying*" and then bringing your attention back to your breath or to simply changing the subject of your thinking. Every time you catch yourself worrying, just label it again and change the subject. It doesn't matter if you do it 10 times in one minute or if you only realize you have been worrying after a period of 2 hours and then apply the technique. The important thing is that you apply the technique when you realize you are worrying!

This technique involves no criticism or internal struggle, just simple non-judgemental labelling. Therefore it is important in this regard that you do not change the label from "just worrying" to "don't worry".

This technique is very powerful and most people find that their worrying thoughts dissipate almost totally within a few days. Then they usually start worrying about a week later because they have forgotten about the technique through lack of need to use it. At that point a reminder of the technique usually suffices.

The same technique can be applied to other disturbing repetitive mental events using labels such as "*just doubting*" or "*just criticizing*". This is subtly but significantly different to avoidance. It is not running away from the aversive mental stimulus. Rather it is the non-judgemental labelling which is encapsulated in the word "just".

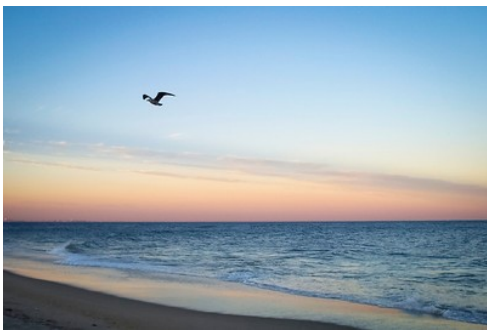




6. Guided Imagery

Using Remembered Images

Sometimes it can be useful to remember a beautiful place in nature such as a beach, mountain, or forest. Choose an image below or find one of your own to keep nearby e.g. on your phone.



Using Scripted Imagery

Some people find it easier to use a pre-prepared script, many of which can be found online...

Walk in the Country

Take a deep breath in through your nose, breathing all the way down to the abdomen. Hold... Breathe out slowly through slightly pursed lips, and as you do, relax your whole body, allowing all your muscles to feel limp and heavy... Scan your body for any muscle tension, starting with your head and passing all the way down to your toes... Release any tension in your face, head and neck by letting your jaw become slack and your head feel heavy on your shoulders... Allow your shoulders to drop heavily... Take a deep breath and relax your chest and abdomen. Allow your arms and legs to feel heavy and to sink into the surface beneath you.... Now take a deep breath and become aware of any remaining tension in your body... As you breathe out, allow all the muscles of your body to sink heavily into the surface beneath you, becoming even more deeply relaxed.... Imagine yourself walking along an old country lane... there are trees besides the lane... you move from sunlight to dappled shade, and back to sunlight... the sun is warm on your back... the birds are singing. Soon, you have come to a wooden gate in the hedge. Open it. The wood is rough on your hands... you go through, turning to lift the gate shut behind you...





6. Guided Imagery

You find yourself in a meadow full of sunlight. Soft green grasses...Flowers growing where they've seeded themselves...honeysuckle growing in the hedgerow... Breathe deeply, smelling the flowers, the sweet clean air...Listen to the birds and insects. Feel the gentle breeze warm against your skin... Close your eyes and turn your face to the sun, it glows red through your eyelids...All your senses are alive and responding with pleasure to this peaceful time and place. When you're ready to move on, you slowly follow a path, step after step after step... Now there are trees and you walk between them... The sun is filtered through the leaves... The air feels soft and a little cooler... Listen... You become aware of the sound of a nearby stream... You can smell it... You pause, breathing in deeply the cool and fragrant air several times, and with each breath you feel more refreshed...

Soon, you come to a stream. It is clear and clean as it flows and tumbles over rocks... There are fallen logs, with moss... the brightest green...the water swirls around them and gushes sparkling past you... You follow a path beside the stream for a little way... There are trunks of trees around you... You look up and you can see the blue of the sky through the leaves of the high branches. You come out into a sunlit clearing...there is a small waterfall emptying over a rough grey rock into a quiet pool of water...You see red, orange, yellow.. a rainbow in the mist. You find a comfortable place on a soft green bank to sit for a while... You can reach the water with your fingertips... a perfect place where you can feel utterly relaxed... you are part of the warmth and light of this peaceful place...and you are completely content...

After a while, you become aware that it's time to return...You walk back down the path through the cool and fragrant trees, out into the sun- drenched meadow, one last smell of the flowers and out through the gate onto the lane. You leave this secret retreat for now and walk slowly back down the lane... You feel calm and rested. You know that you can visit your special place whenever you wish to take some time to refresh yourself and renew your energy. Be aware of your body, again, relaxed and easy... When you are ready to, take three deep breaths and open your eyes.





7.Colour Relaxation

Allow your body to relax and your mind to focus on the calming colour relaxation.
Allow the relaxation to occur naturally.... allow and observe....

Create a picture in your mind of the colour **red**. Imagine **red** of all shades...
You might picture **red** objects, a **red** landscape, or just a solid colour...
Imagine all of the different tones of **red**...roses...bricks...apples...sunset...Enjoy the colour **red**.

Now allow the colour you are imagining to change to **orange**. Picture the colour **orange**....
infinite shades of **orange**...flowers...pumpkins ...carrots...
Fill the entire visual field of your mind's eye with the colour **orange**...Enjoy the colour **orange**.

Visualize the colour **yellow**. See in your imagination all the various shades of yellow. Allow **yellow** to fill your vision...lemons...flowers...fall leaves...
Imagine the endless tones of the colour **yellow**. Imagine yourself surrounded with the calming color **yellow**...Immerse yourself...Enjoy the colour **yellow**.

Let the colour you are imagining become **green**. Fill your imagination with the colour **green**.
Endless shades and tones of **green**...plants...leaves...**grass**...
Imagine being surrounded by beautiful **green**...all shades from the lightest to the darkest, bright **green**...subdued **green**...Enjoy **green**.

Now see in your mind the colour **blue**. Surround yourself with beautiful **blue**.... Unending shades of **blue**...water...sky... Imagine **blue** filling your vision...Enjoy the colour **blue**.

Allow the colour in your imagination to become **violet**...Focus on the multitude of **purples** around you.... flowers...aubergine...sunrise.... Immerse yourself in the colour **violet**...Enjoy **violet**.

Notice how calm and regular your breathing is now...Meditate on the calming colour relaxation once more...Imagine the colours again, one at a time...starting with
Red...Orange...Yellow...Green....Blue...Violet...

Now picture whatever calming colour you wish. Do you have a favourite? Or a colour that suits your mood right now? Imagine whatever colours you like. Allow your mind to be relaxed, focused, and calm...

Enjoy the feeling of relaxation you are experiencing...

Now it is time to return your attention to your regular activities.....

Become more alert with each breath you take...

More aware of your surroundings...

Stretch your muscles...and open your eyes. Fully alert and calm.





8. Music

Musical Mindfulness

This exercise is designed to open your ears to sound in a non-judgemental way. So much of what we see and hear on a daily basis is influenced by thoughts of past experiences. Mindful listening helps us leave the past where it is and come into a neutral, present awareness.

Select a new piece of music from your music collection, something you've never heard before but makes you wonder what it might sound like.

Close your eyes and use headphones if you can. Don't think about the genre or the artist. Instead, allow yourself to get lost in the journey of sound for the duration of the song. Allow yourself to explore the intricacies of the music. Let your awareness climb inside the track and play among the sound waves.

The idea is to just listen and allow yourself to become fully entwined with what is being played/sung, without preconception or judgement of the genre, artist, lyrics, instrumentation or its origin.

If you don't have any music to hand that you've never listened to before, turn on the radio and turn the dial until something catches your interest.

If you don't have a radio then take a moment to simply listen to the sounds in your environment. Don't try and determine the origin or type of sounds you hear, just listen and absorb the experience of their texture and resonance with your being. If you recognise the sound then label it with what you know it to be and move on, allowing your ears to catch new sounds.





9. Second Count & Affirmations

10 Second Count

This is more of an exercise in practicing concentration than it is in mindfulness. In this exercise, rather than focussing on your breath, you just close your eyes and focus your attention on slowly counting to ten. If your concentration wanders of, start back at number one! For most people, it goes something like this...

"1..2..3..shall I buy bread today or did Mark say he'd do it? Oh, whoops, I'm thinking."

"1...2...3...4...this isn't so hard after all... Oh no....that's a thought! Start again."

"1...2...3...4...5... now I've got it. I'm really concentrating now..."

Self-esteem relaxation affirmations

Imagine speaking this in your mind.....and repeat until relaxed. You could also try making your own too.

"I am at peace with myself. I appreciate who I am. I value myself as a person.

All people have value, and I am a valuable human being. I deserve to relax.

I deserve to be happy. I embrace my happy feelings, and enjoy being content.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

When my mood is low, I accept my emotions and recognize that the low mood will pass, and I will be happy again. I look forward to the good times.

My future is bright and positive. I look forward to the future, and I enjoy the present.

I look fondly upon many memories from my past. I am grateful for everything I have."





Prohealth UK
THERAPY, SELF-HELP & TRAINING

10. Audio Download & Other Resources

If you would like to download and audio material, use these links below:

www.freemindfulness.org/download

www.livingwell.org.au/mindfulness-exercises-3/

franticworld.com/free-meditations-from-mindfulness/

*

On our websites you can find lots of information & resources to download:

www.prohealthuk.org

www.space4u2talk.com

www.well4u.co.uk

*

If you are concerned about your wellbeing you can also visit :

www.mind.org.uk

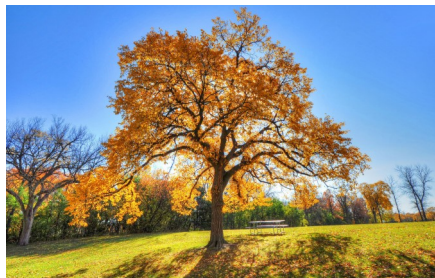
www.getselfhelp.co.uk

www.mentalhealth.org.uk

www.itsgoodtotalk.org.uk

www.samaritans.org

*



PROHEALTH UK

HEALTH & WELLBEING FOR THE WHOLE OF YOU