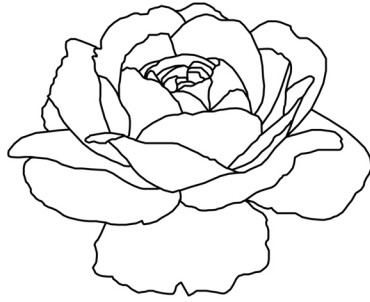
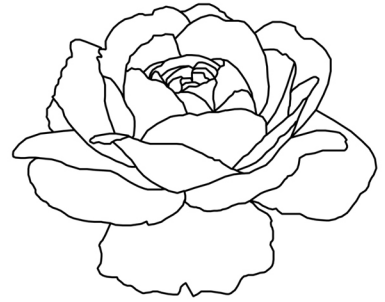
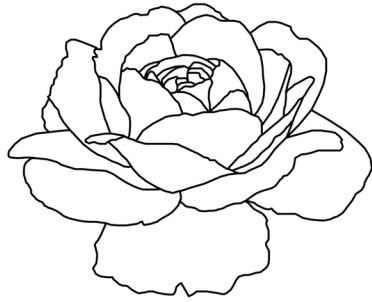


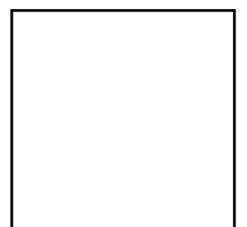
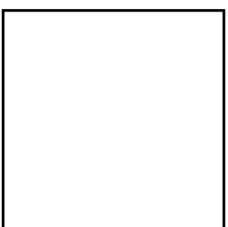
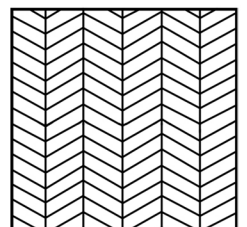
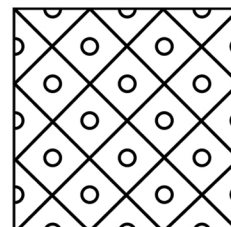
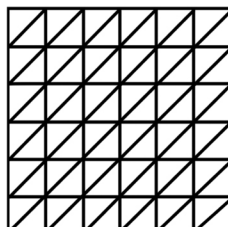
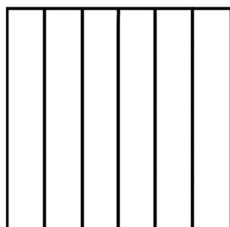
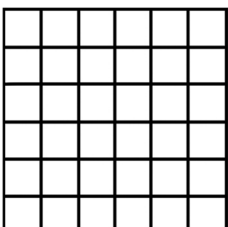
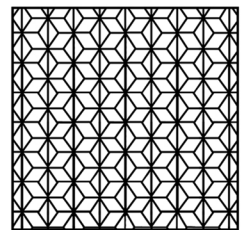
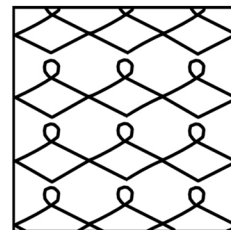
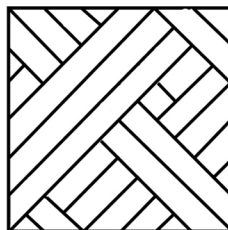
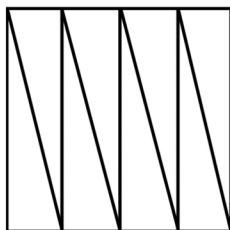
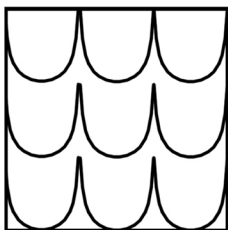
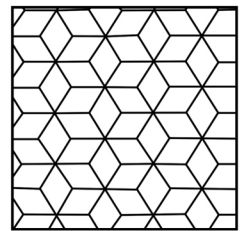
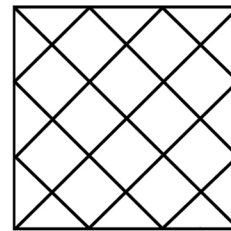
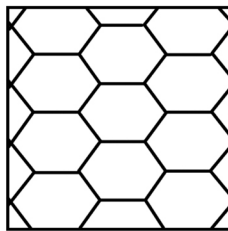
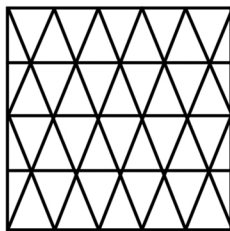
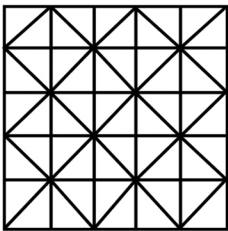
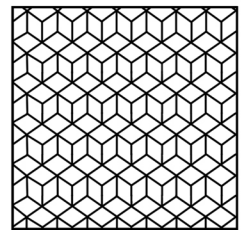
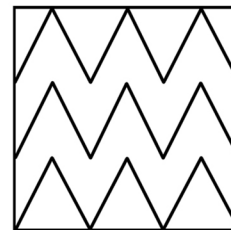
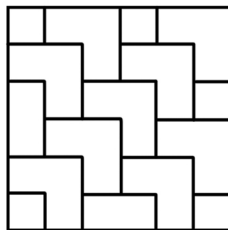
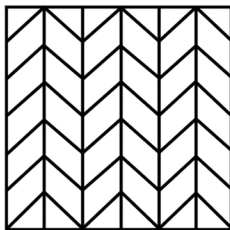
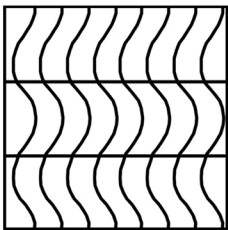
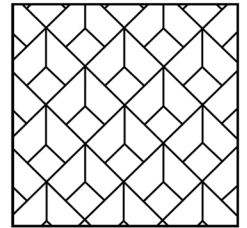
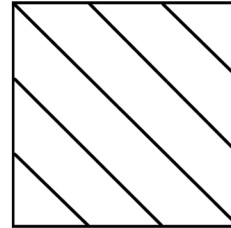
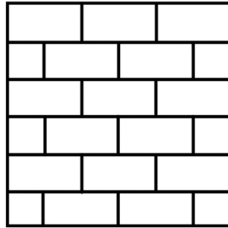
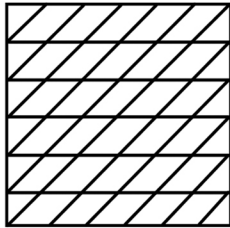
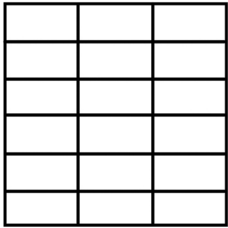
Mindfulness Colouring-in Book
(with tips and techniques to help you improve
your mental health and wellbeing)

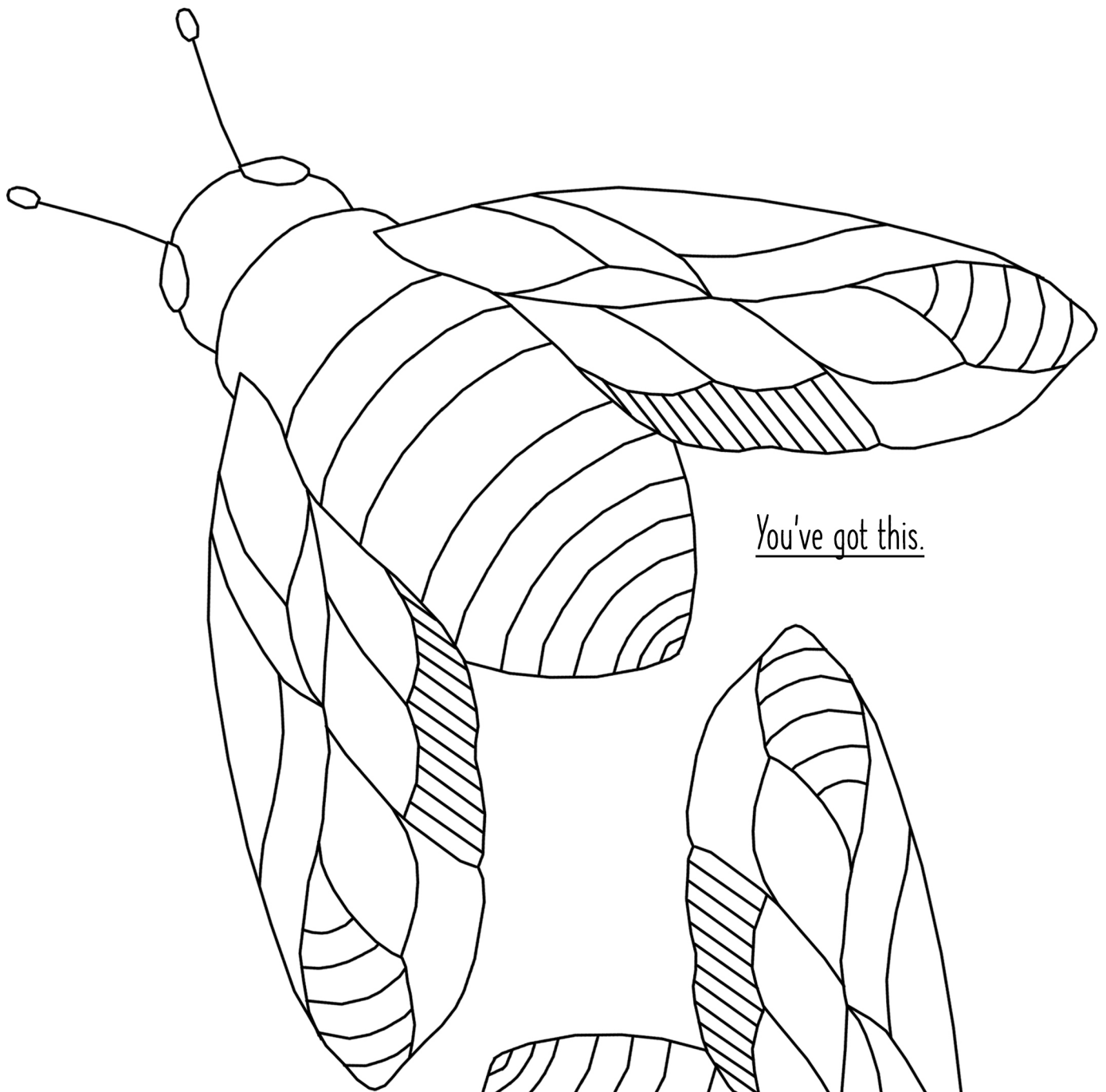


For an alternate activity -

Try doodling in the gaps with these patterns!

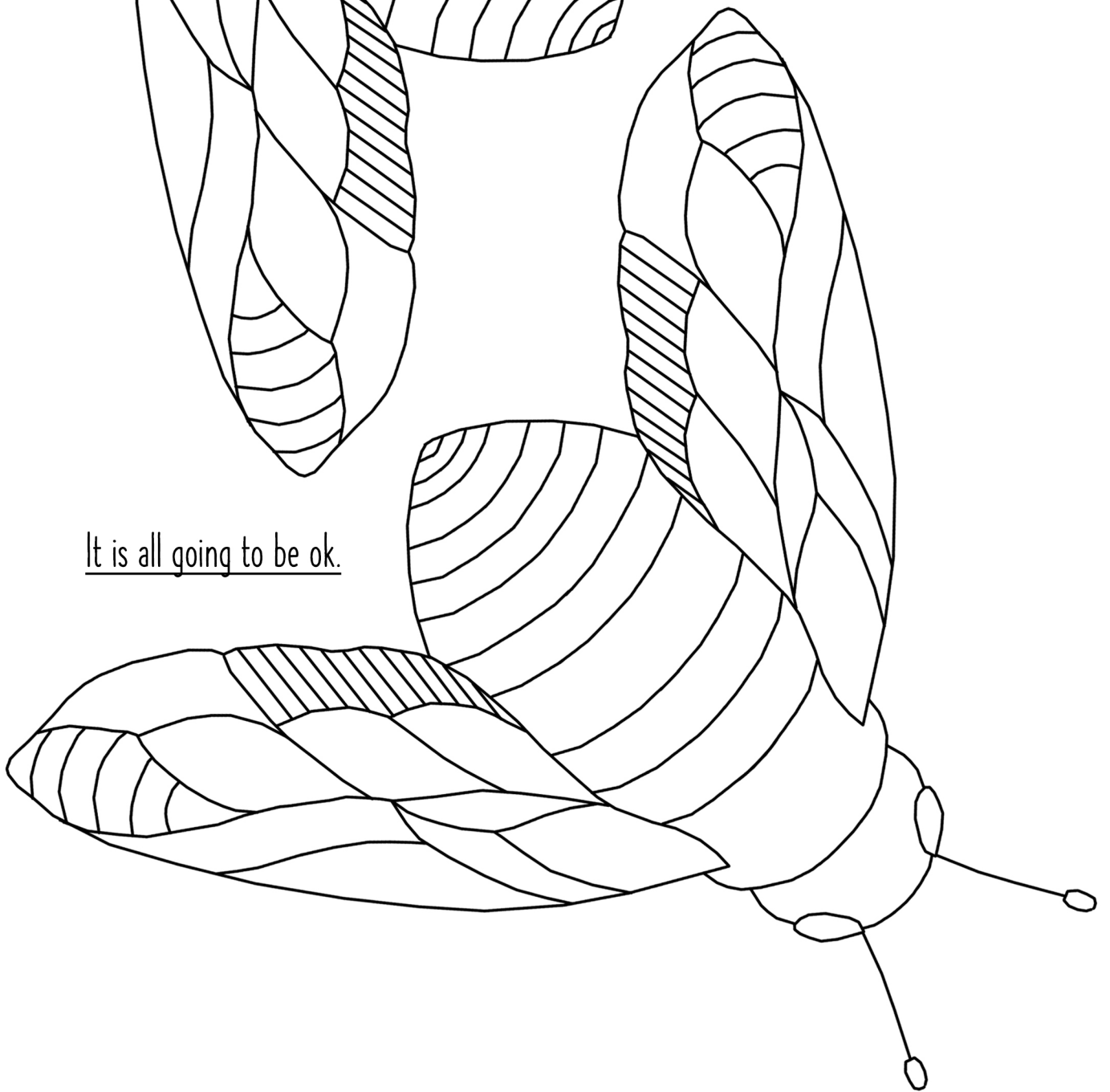
Or try some of your own!

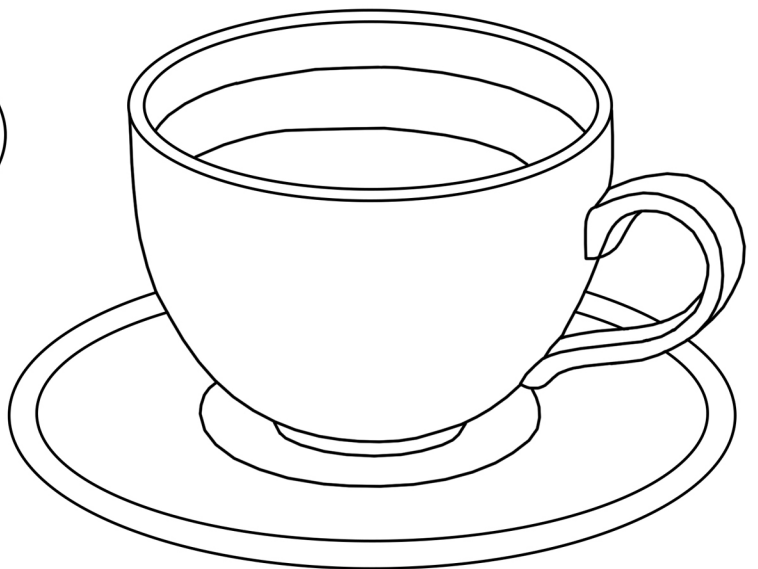
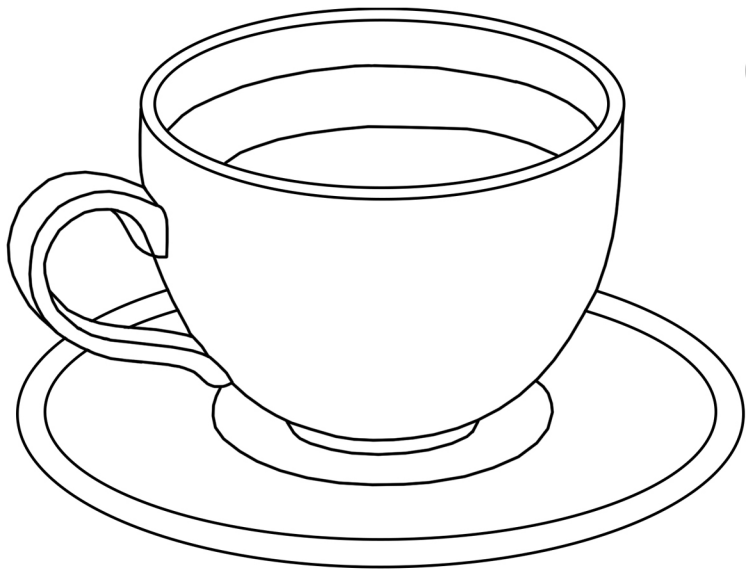
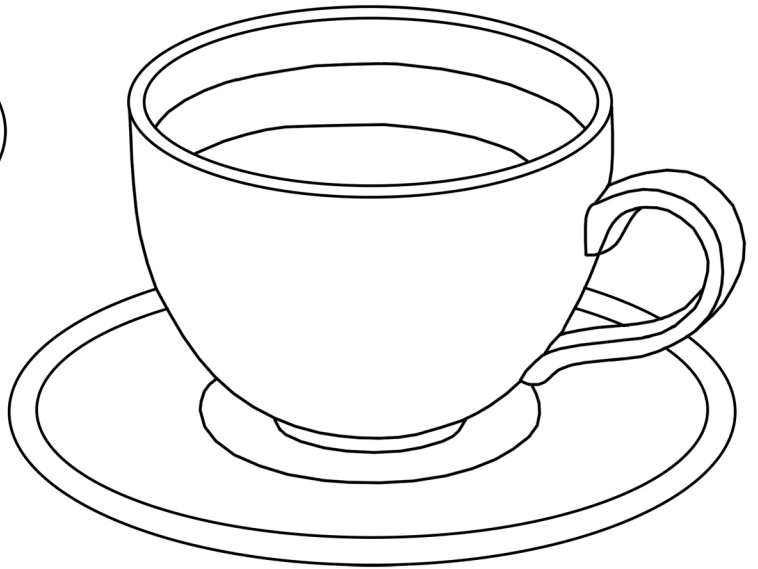
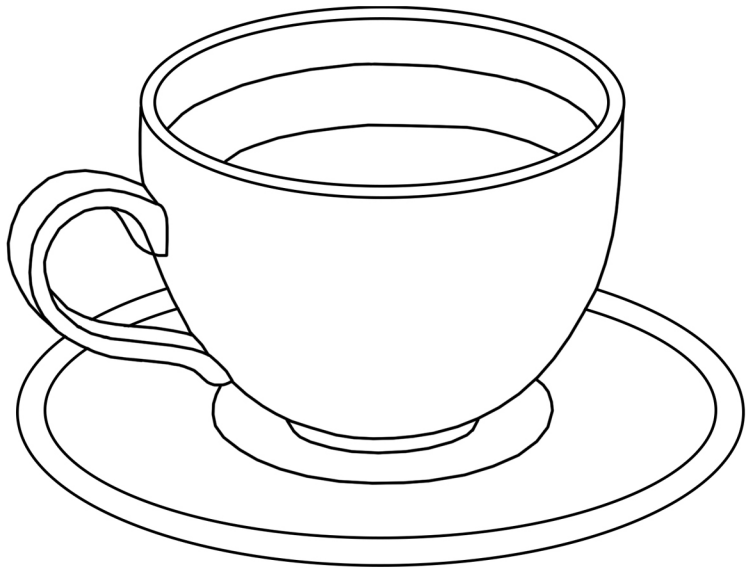
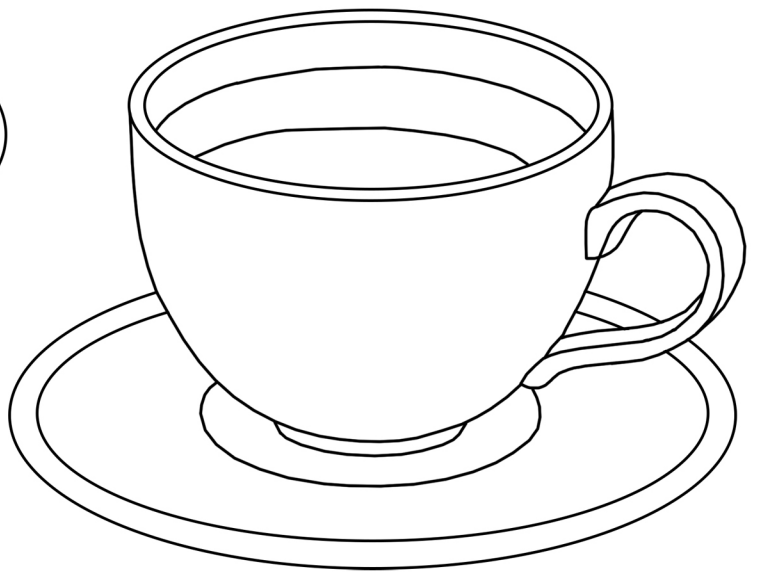
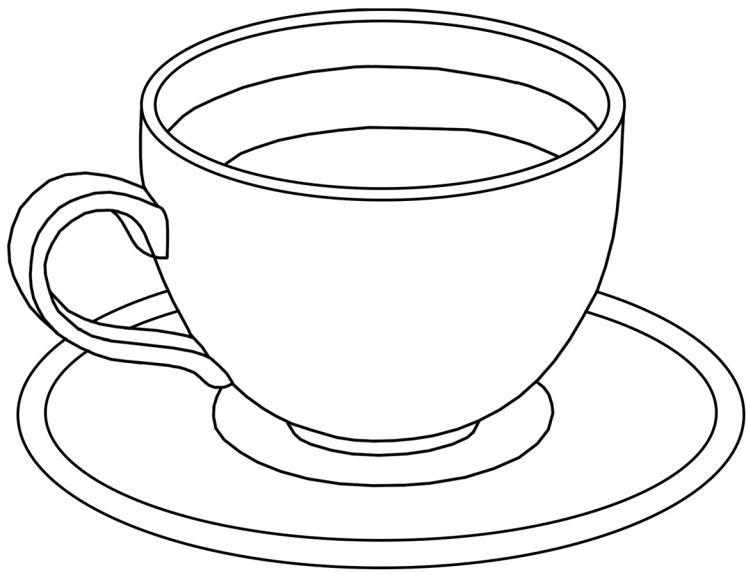


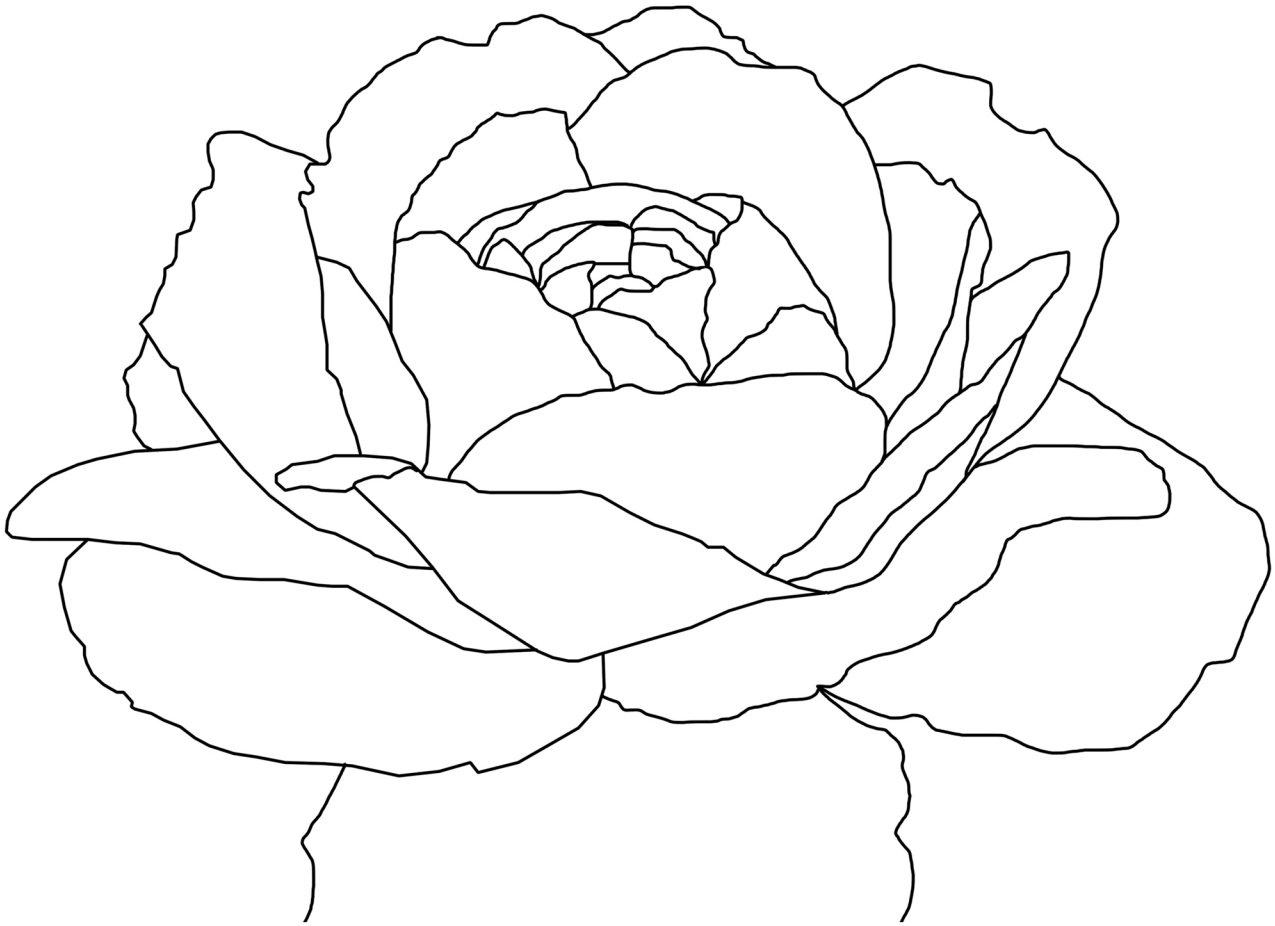


You've got this.

It is all going to be ok.

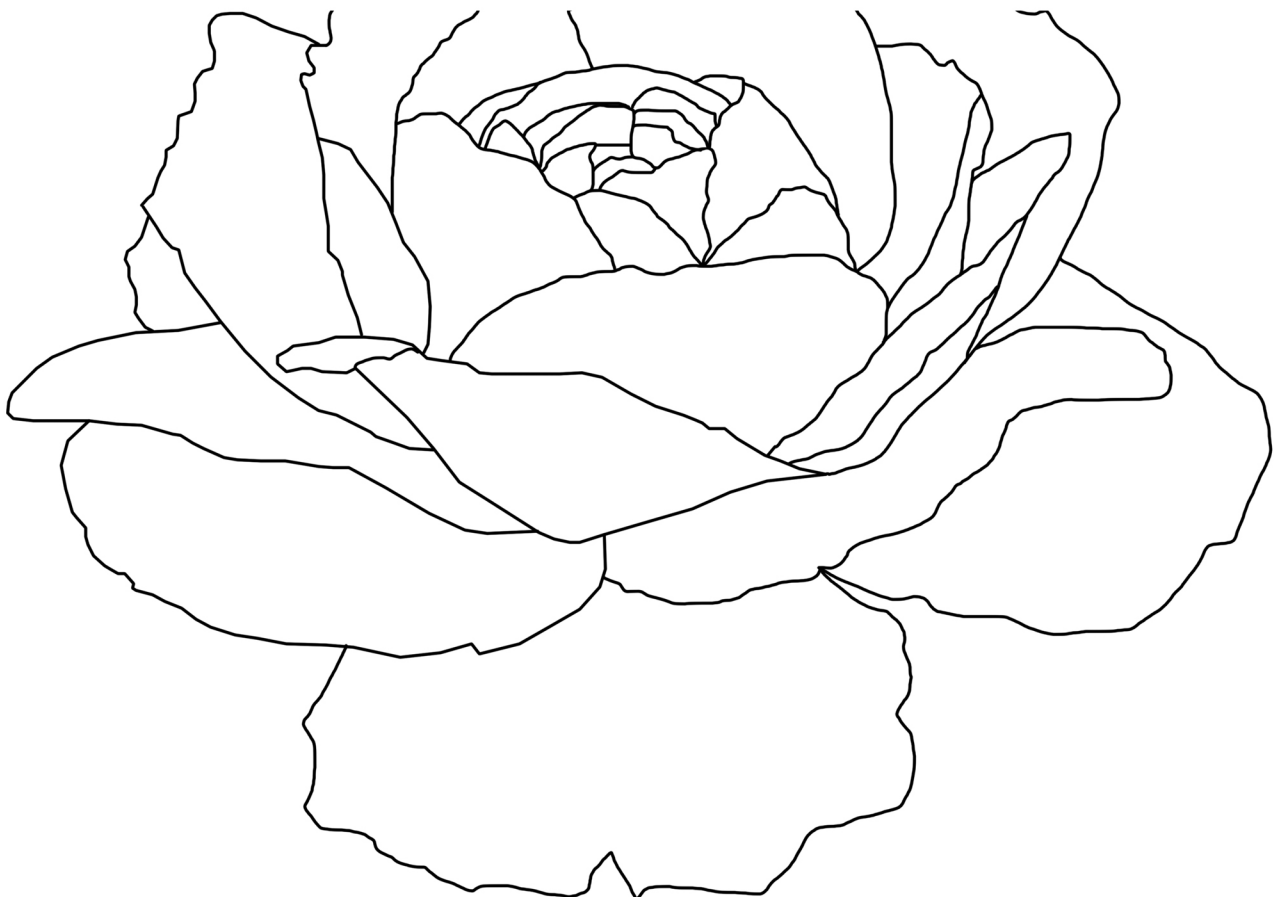


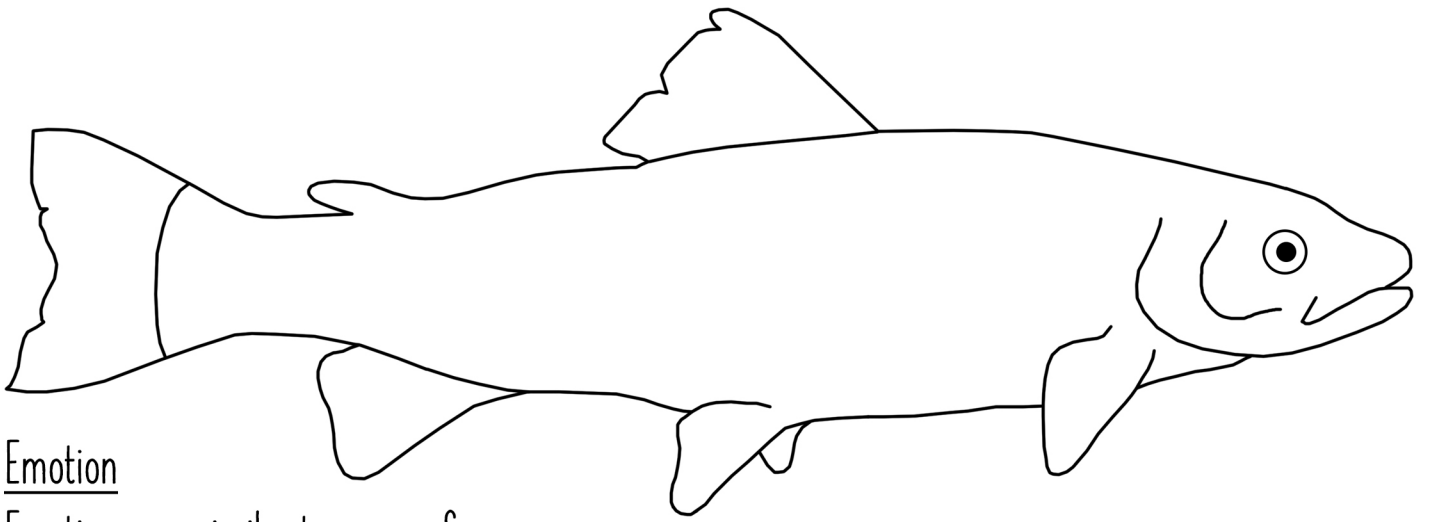




Breath

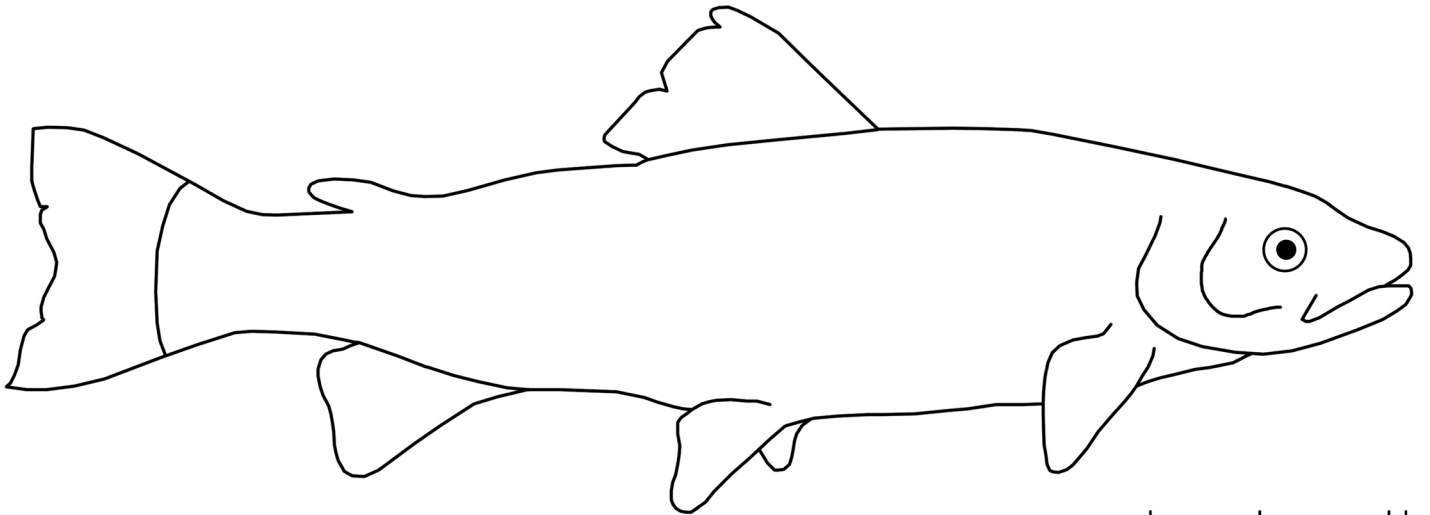
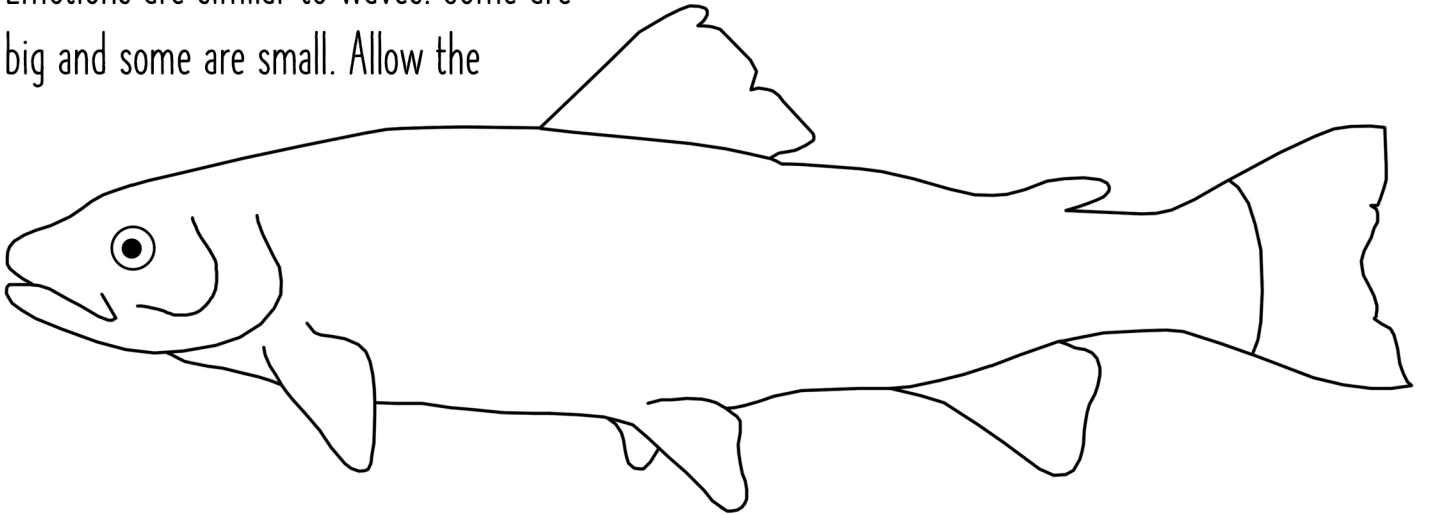
Notice your breath in your body. Without changing it, feel its rhythm. Observe how your body arches with your breath. Feel the air in your chest.



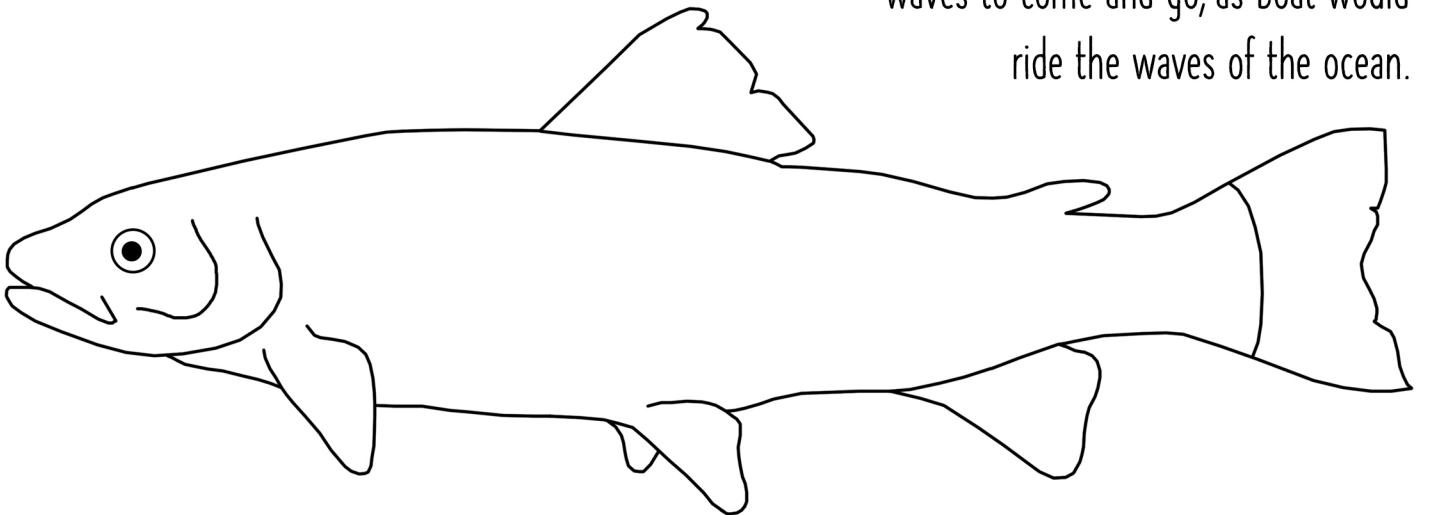


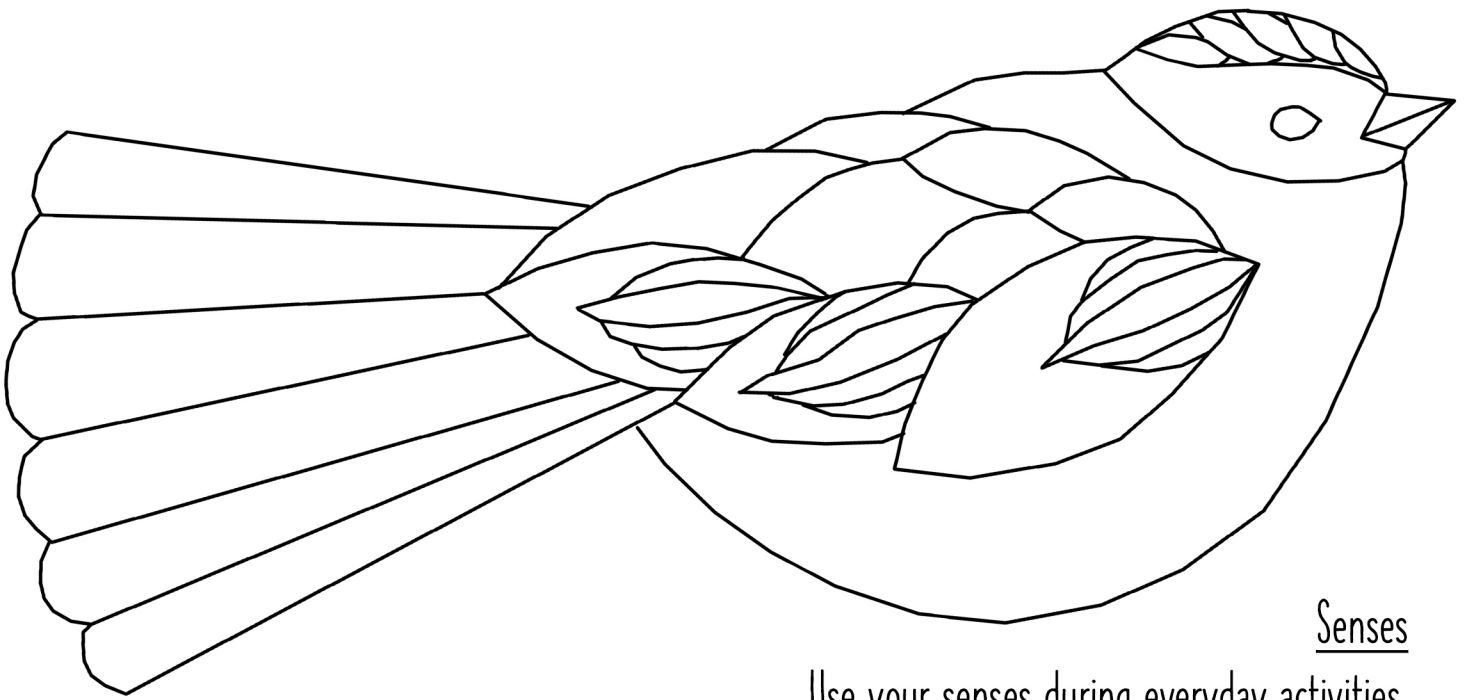
Emotion

Emotions are similar to waves. Some are big and some are small. Allow the



waves to come and go, as boat would
ride the waves of the ocean.

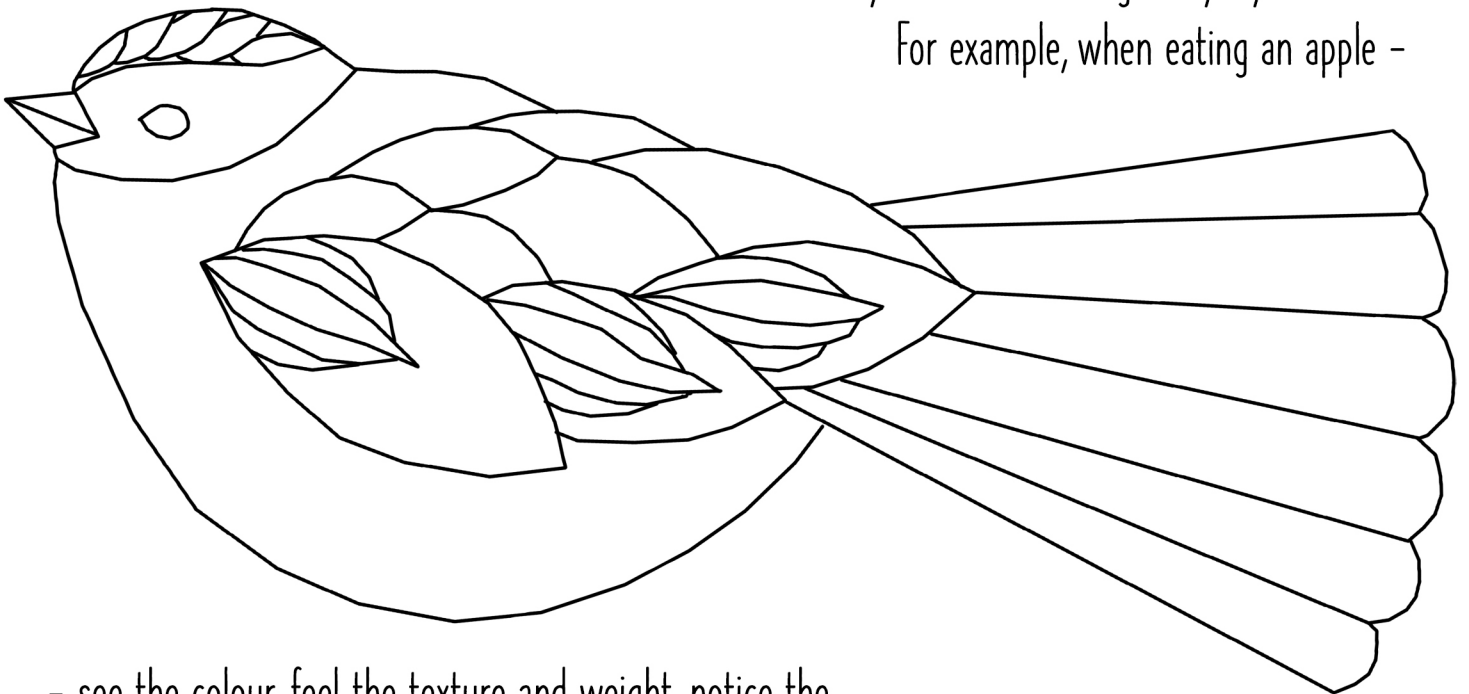




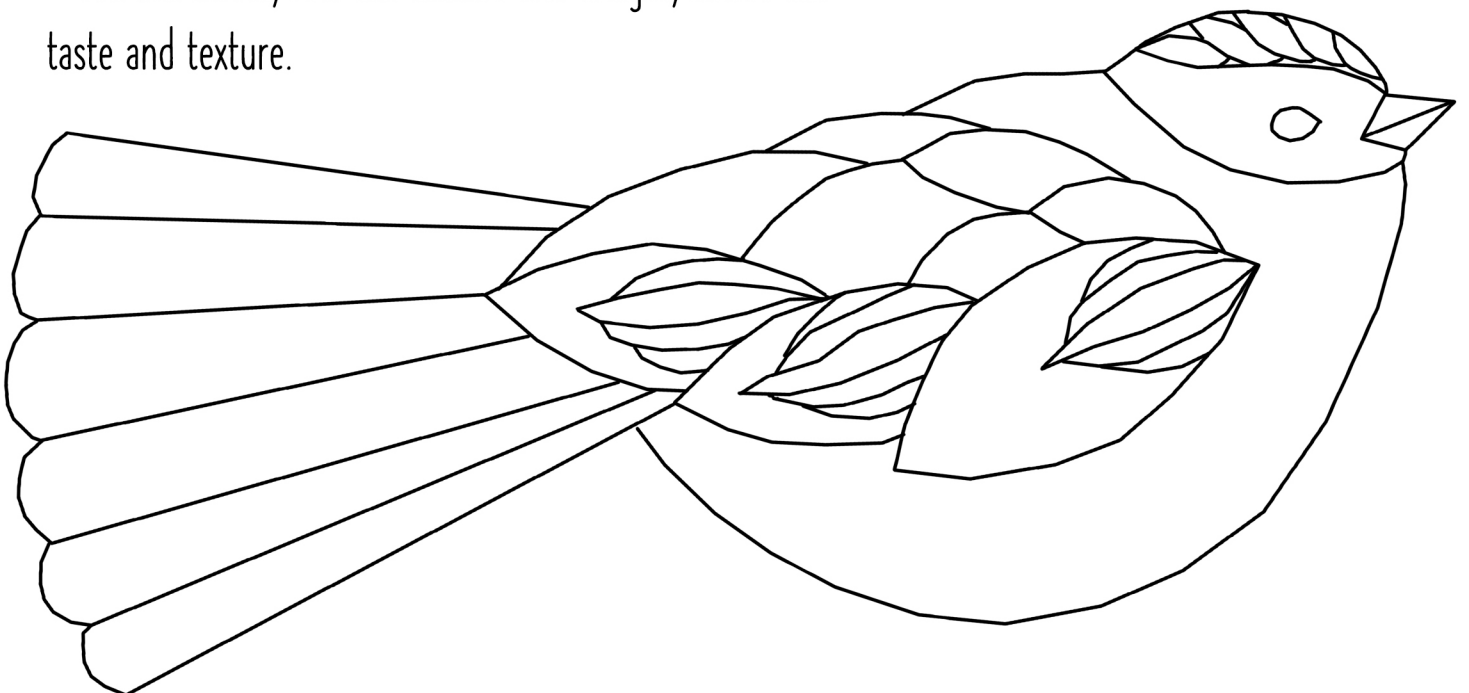
Senses

Use your senses during everyday activities.

For example, when eating an apple –



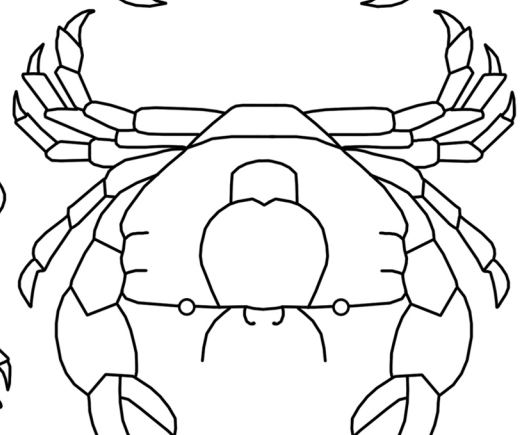
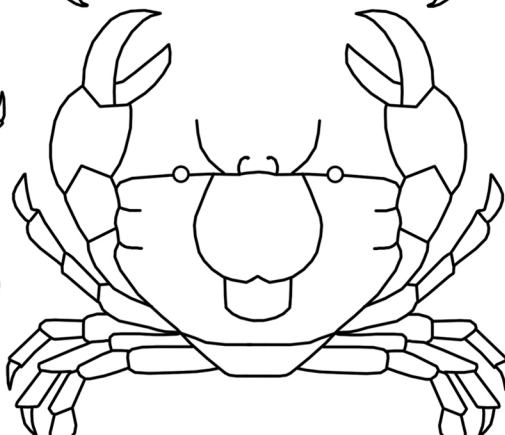
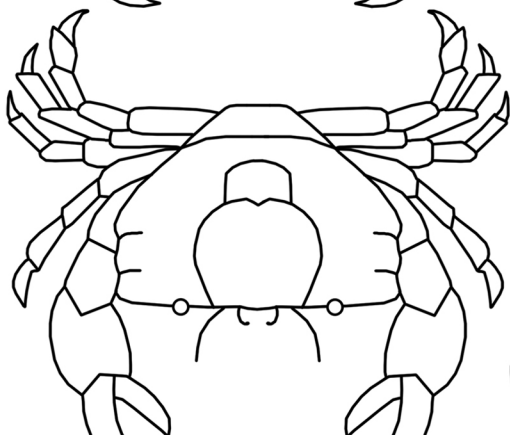
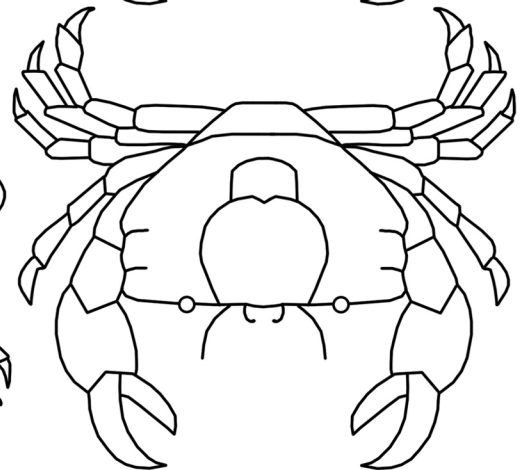
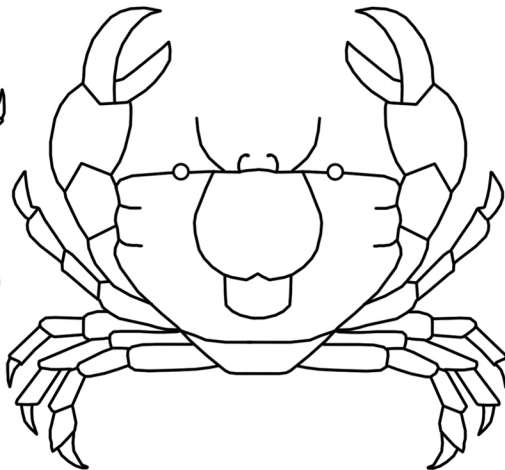
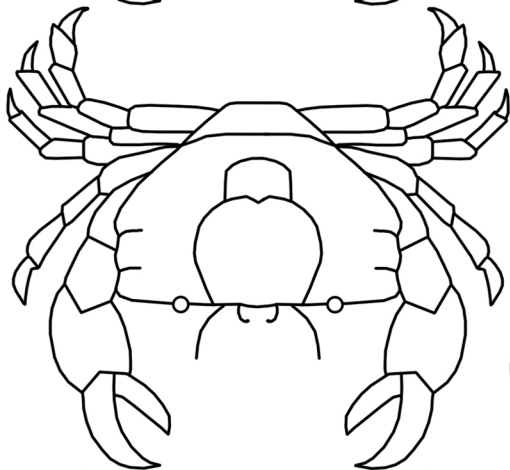
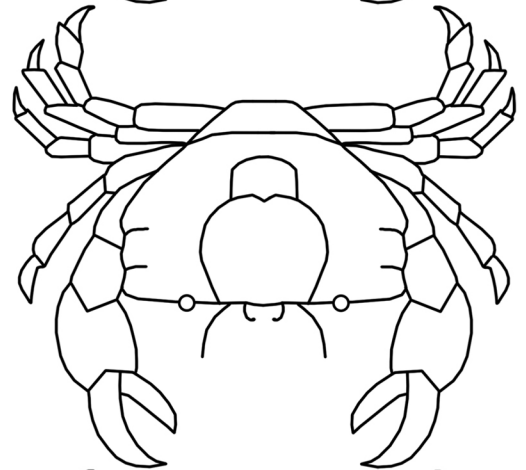
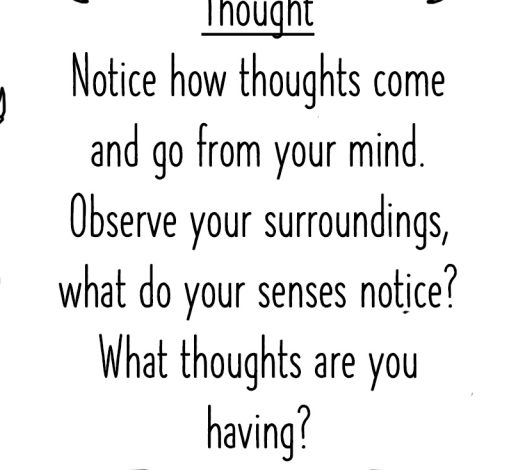
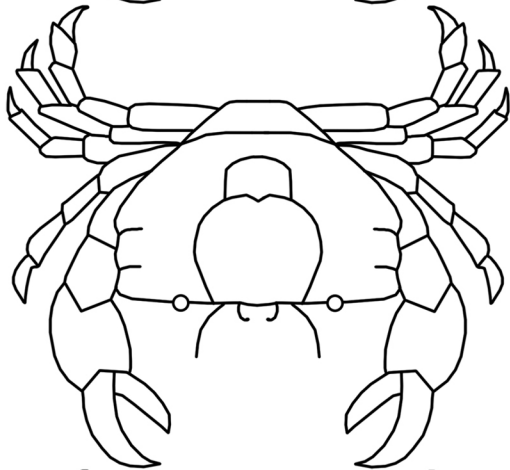
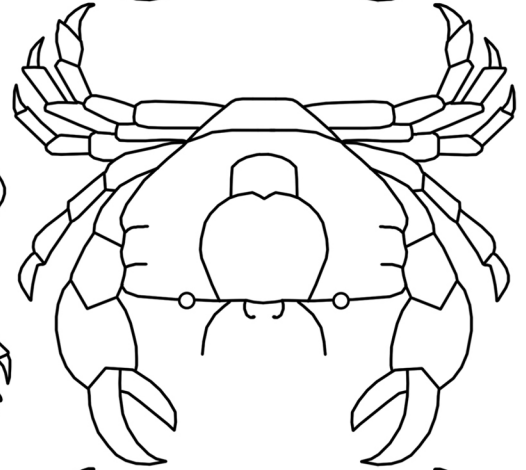
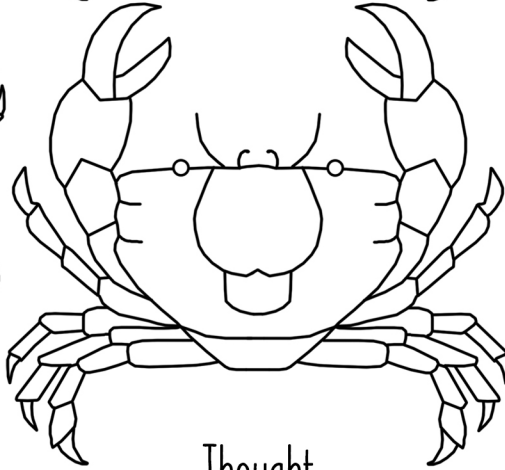
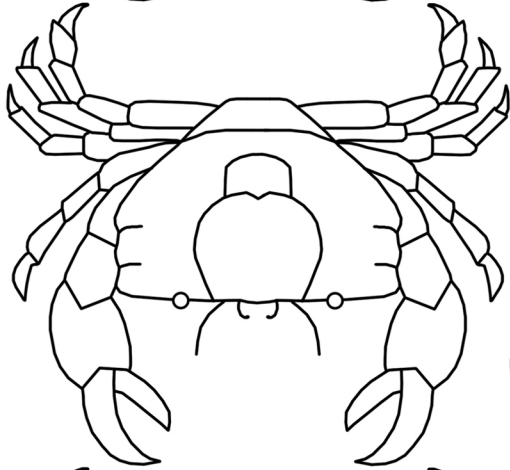
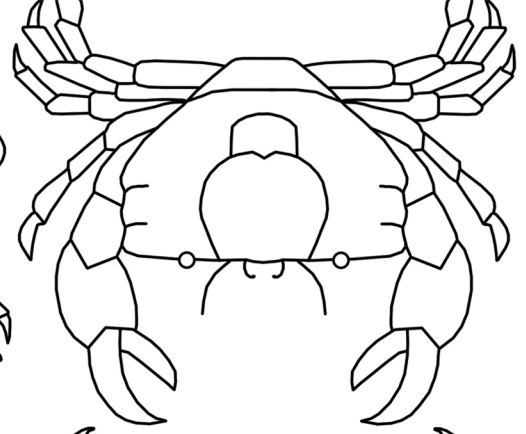
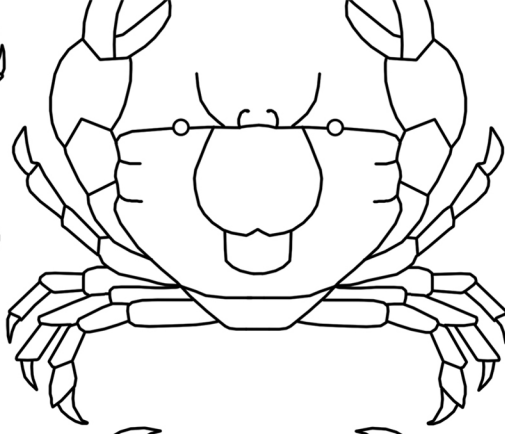
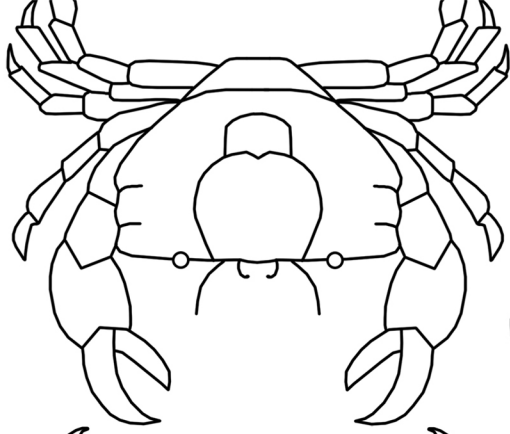
– see the colour, feel the texture and weight, notice the taste and texture.





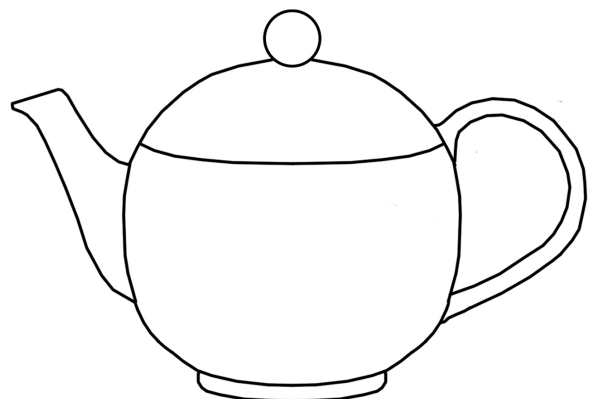
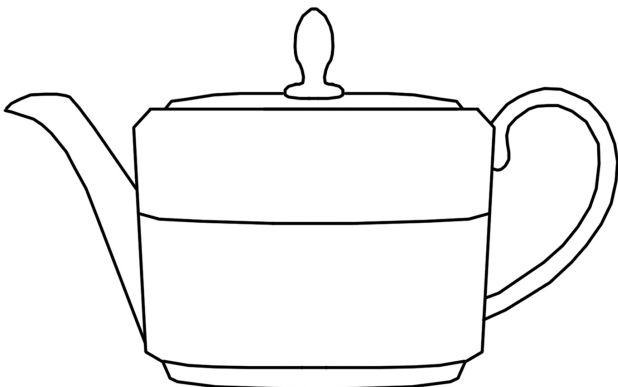
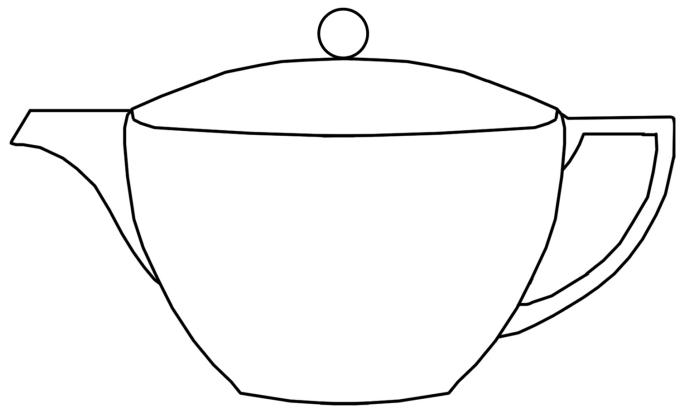
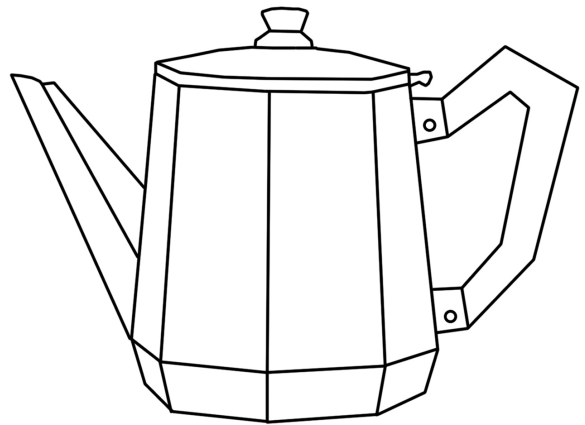
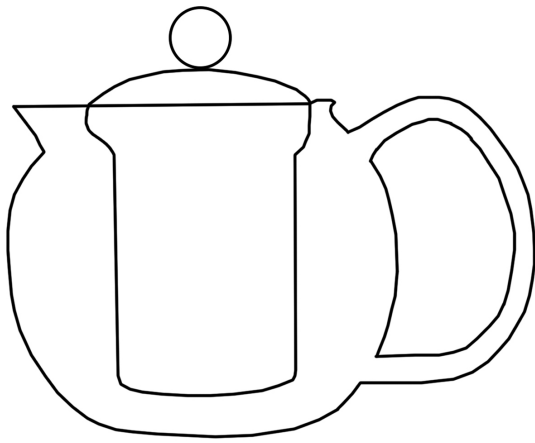
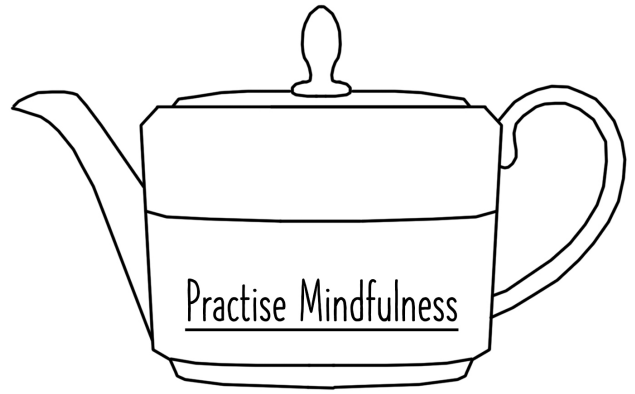
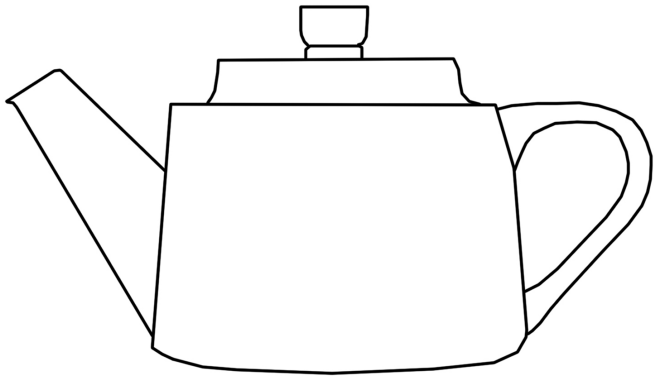
Ground

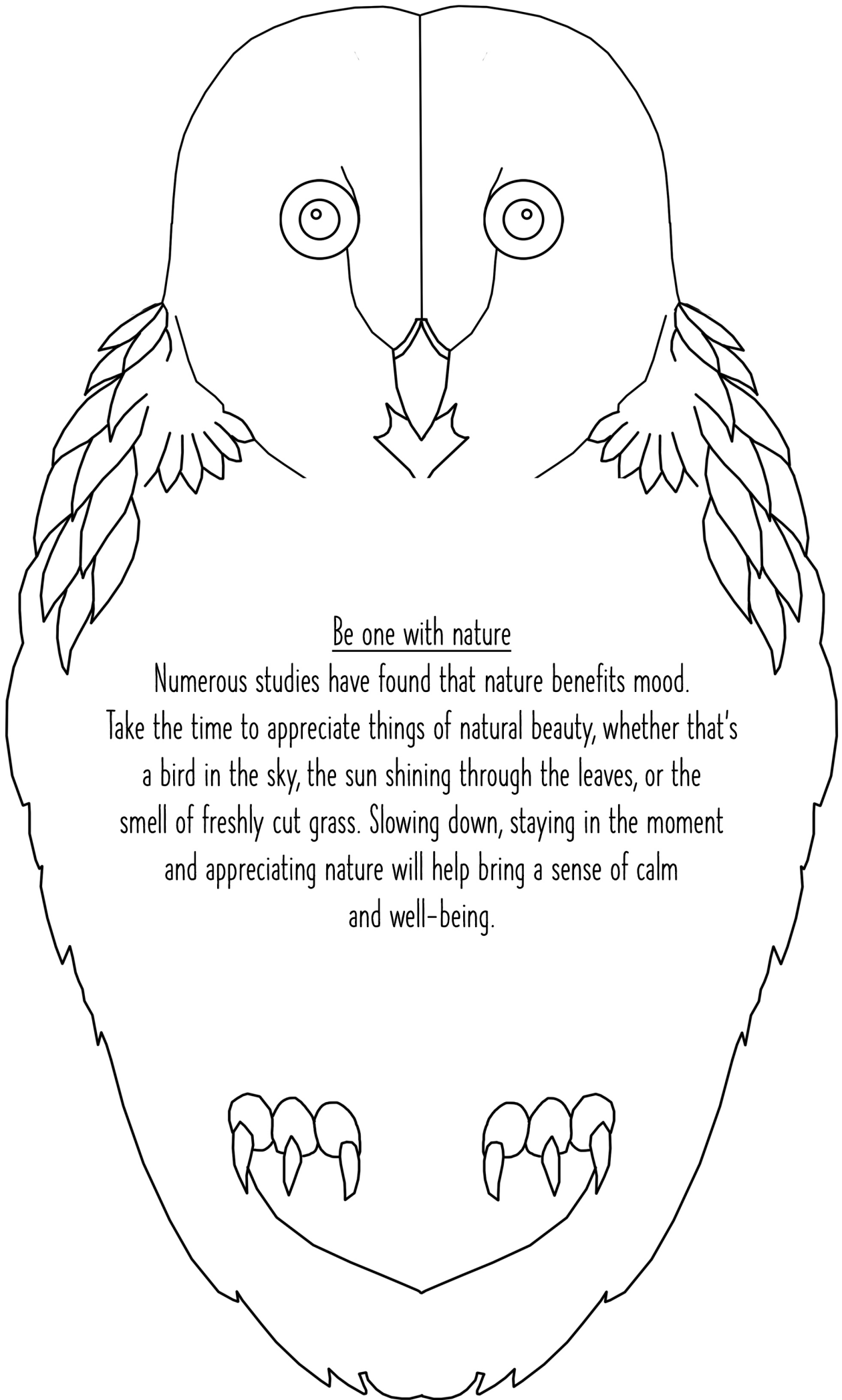
Notice your feet against the ground. Feel the ground with your feet or shoes. Notice how you stay connected with the earth.



Thought

Notice how thoughts come
and go from your mind.
Observe your surroundings,
what do your senses notice?
What thoughts are you
having?

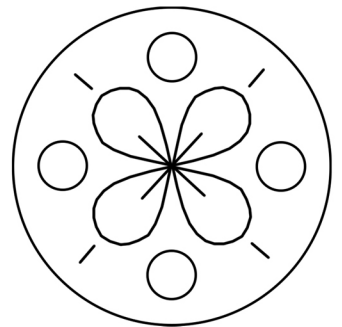
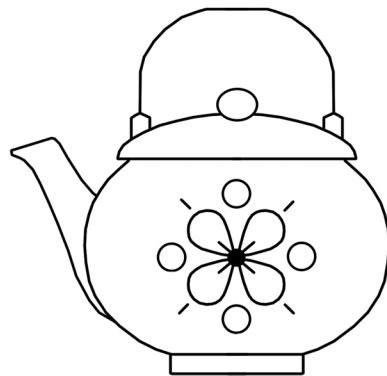
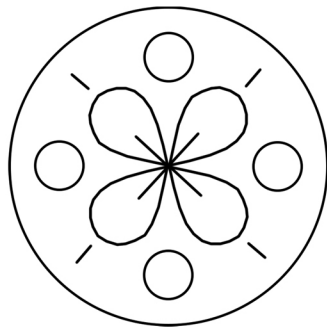
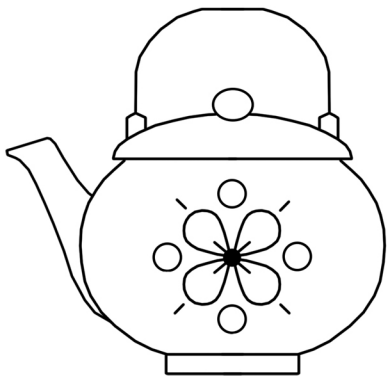
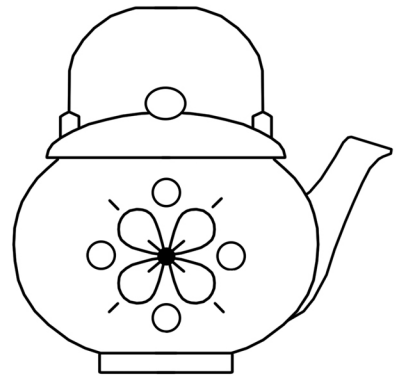
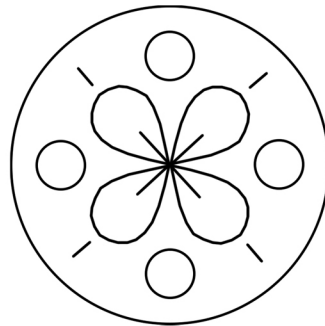
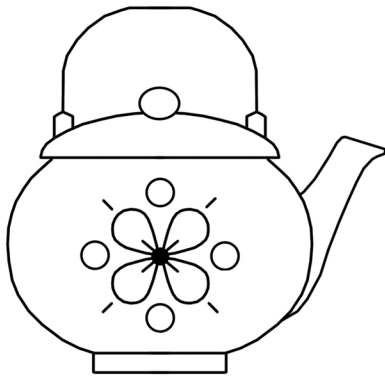
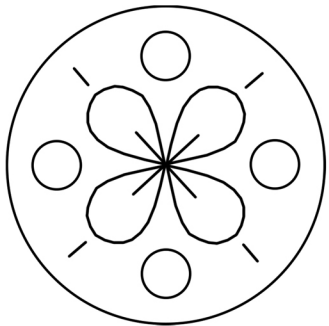
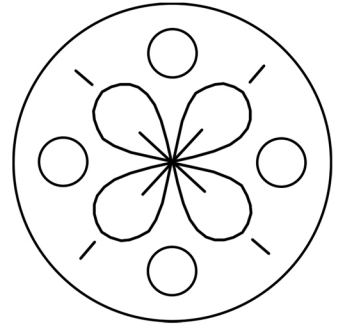
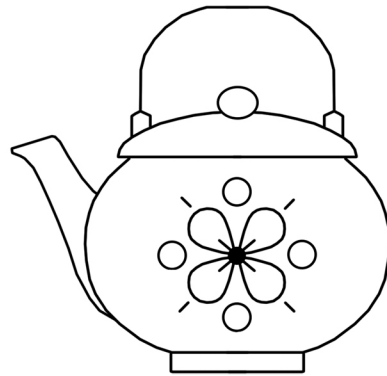
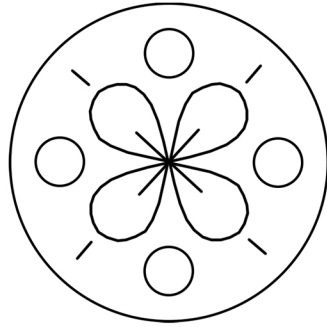
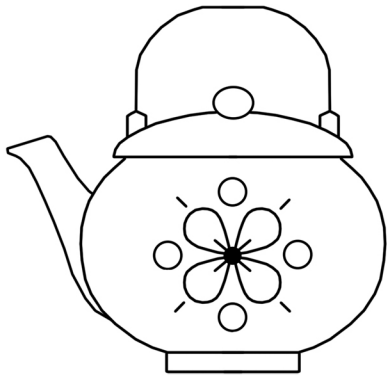
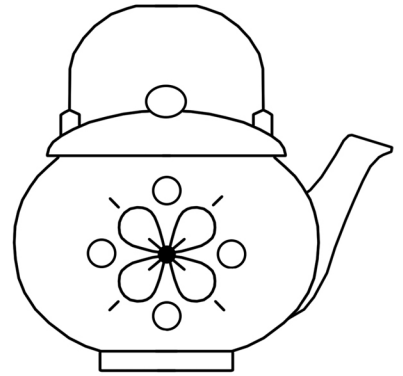
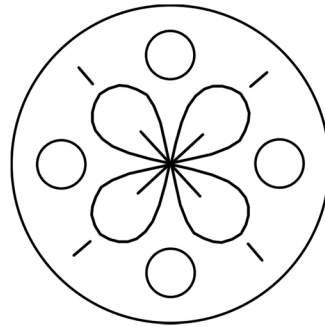
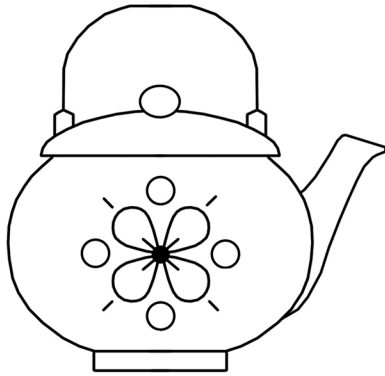
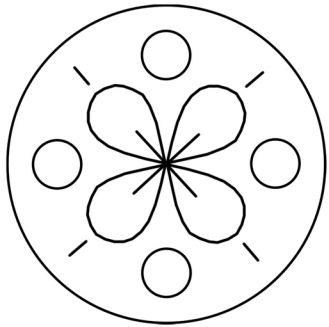
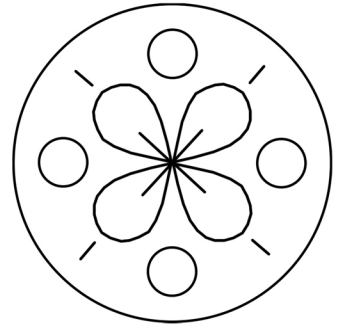
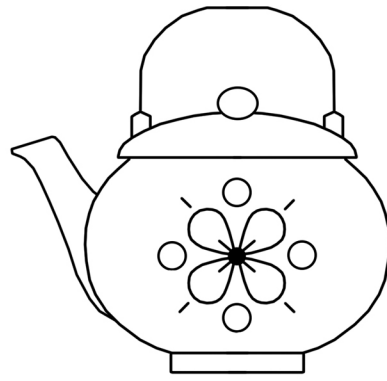
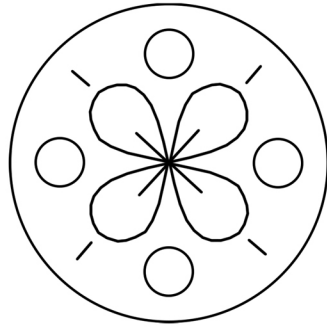
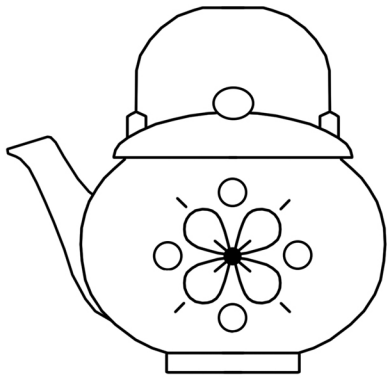




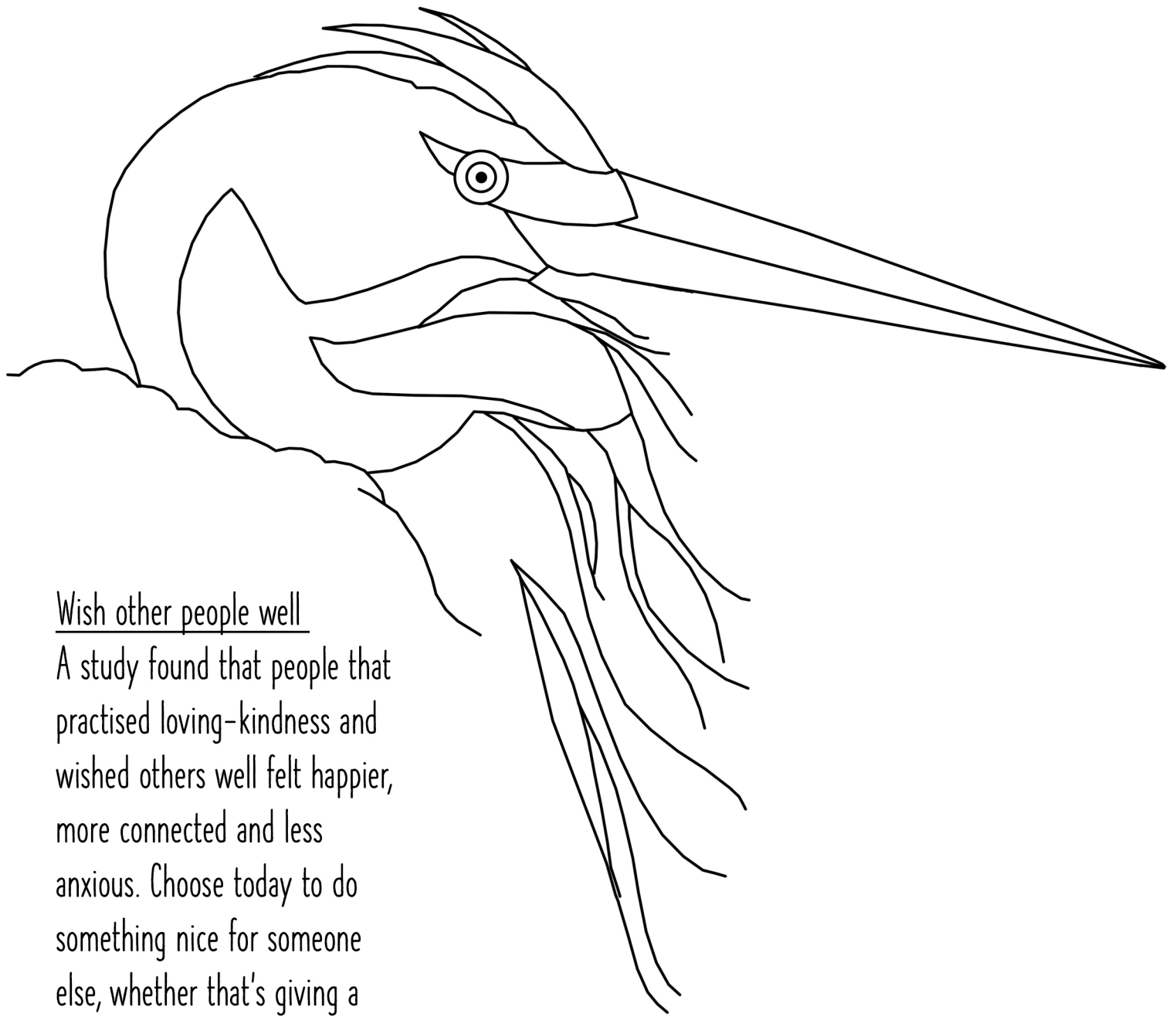
Be one with nature

Numerous studies have found that nature benefits mood. Take the time to appreciate things of natural beauty, whether that's a bird in the sky, the sun shining through the leaves, or the smell of freshly cut grass. Slowing down, staying in the moment and appreciating nature will help bring a sense of calm and well-being.

Notice the everyday

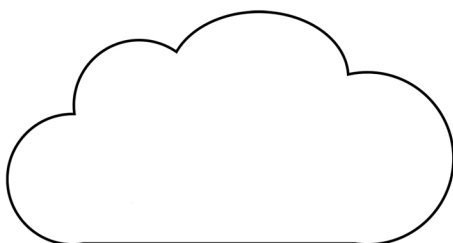
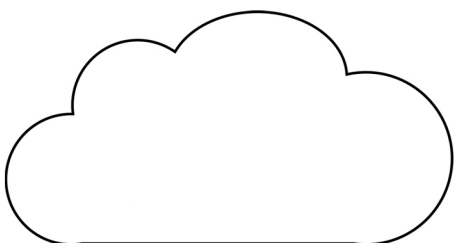
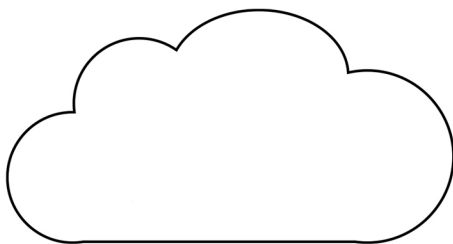
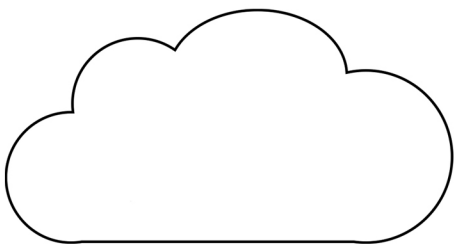
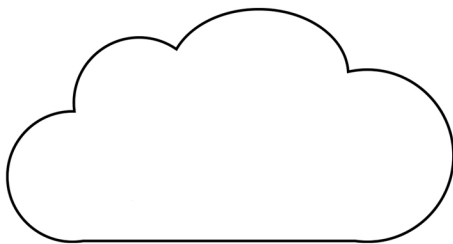
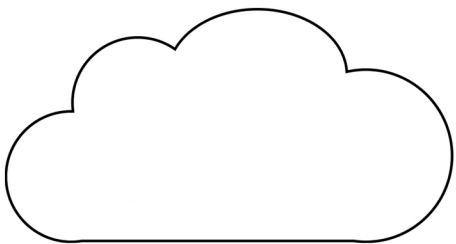
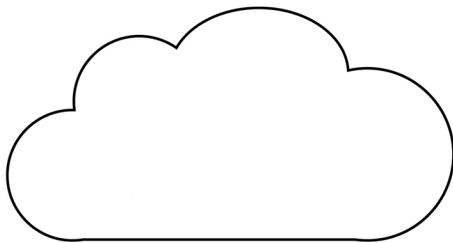
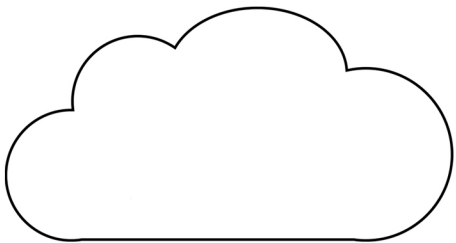
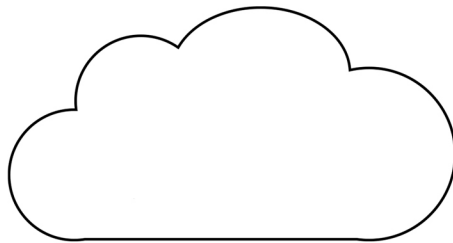
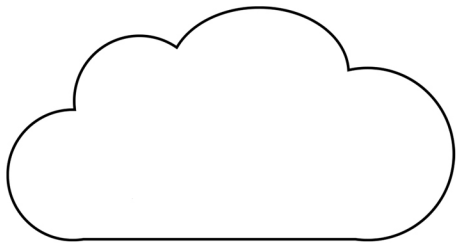
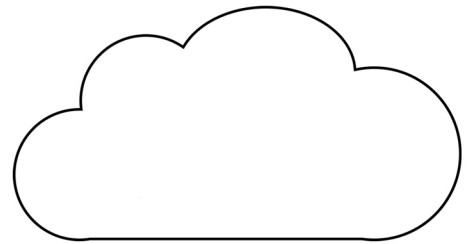
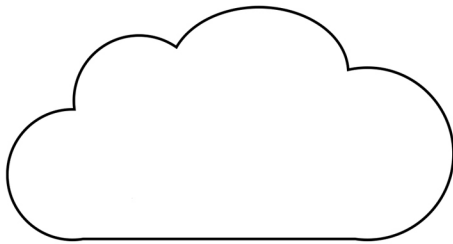
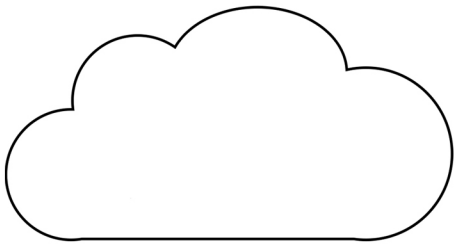
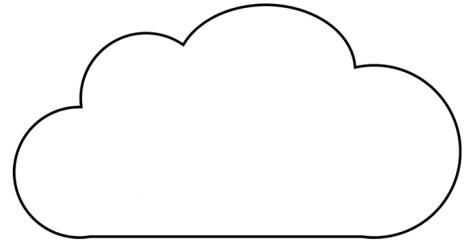
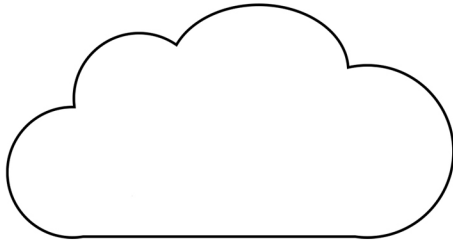
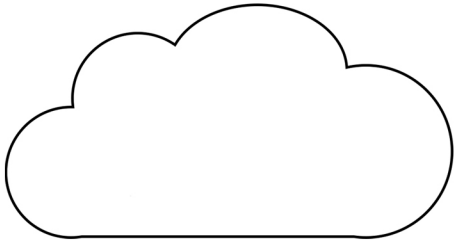
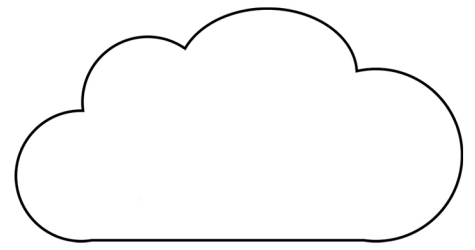
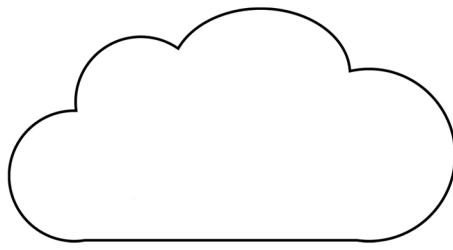
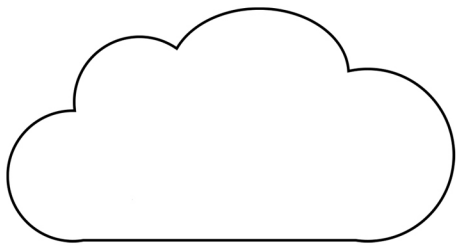


Keep it regular



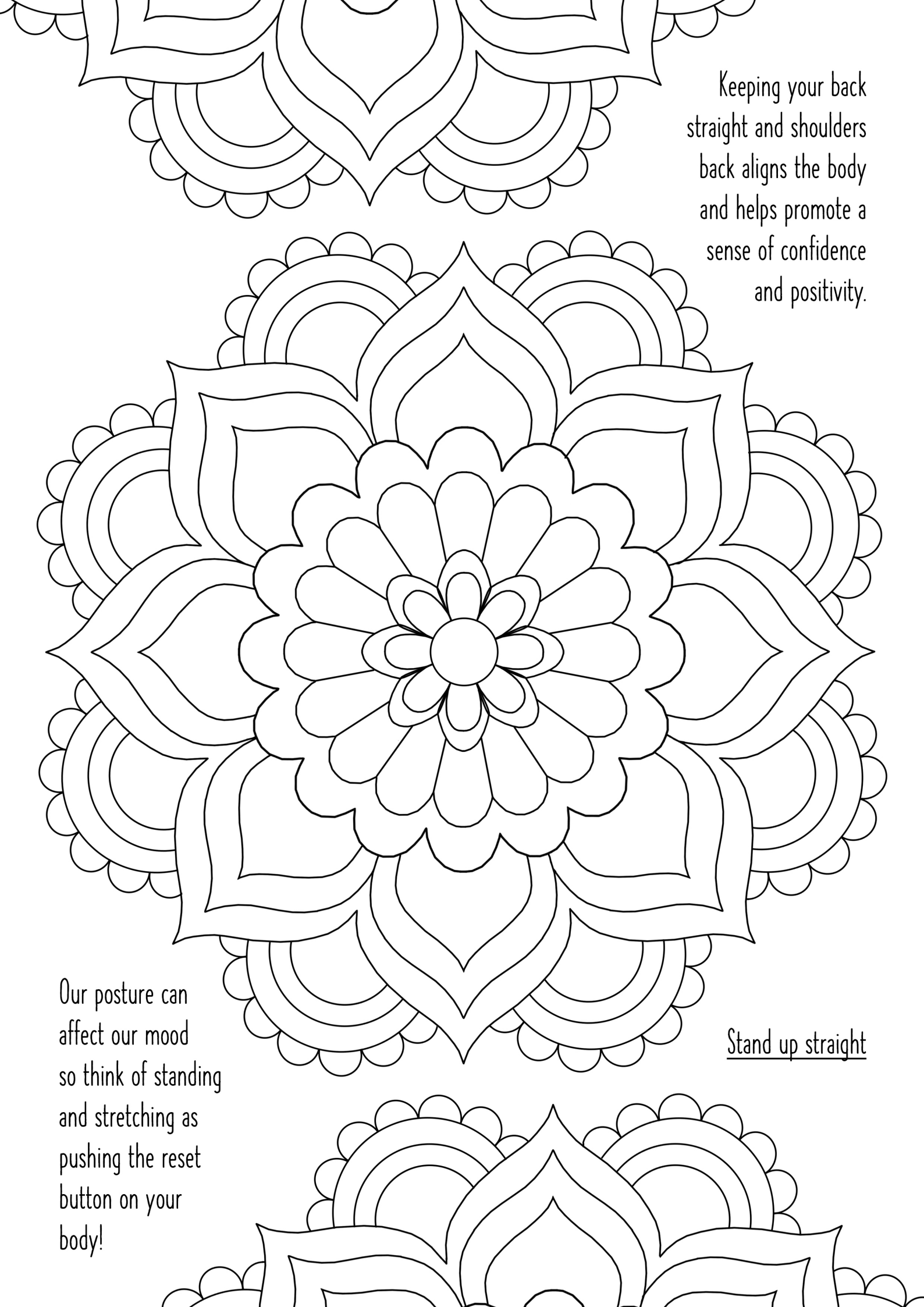
Wish other people well

A study found that people that practised loving-kindness and wished others well felt happier, more connected and less anxious. Choose today to do something nice for someone else, whether that's giving a compliment, telling someone why you are grateful they are in your life or carrying out a secret act of kindness. Rather than focusing on ways to make ourselves feel better, doing or thinking something nice and kind about someone else can increase our sense of well-being and make us feel connected with others.



Do some exercise

Any form of exercise makes our bodies produce endorphins, which is nature's way of making us feel good, helping to improve our mood, energy levels and aid sleep. Try to do something active once a day to create a more positive frame of mind. You don't need to overdo it. A review of 23 studies on happiness and physical activity found even a small change in levels of physical activity can make a difference in happiness.

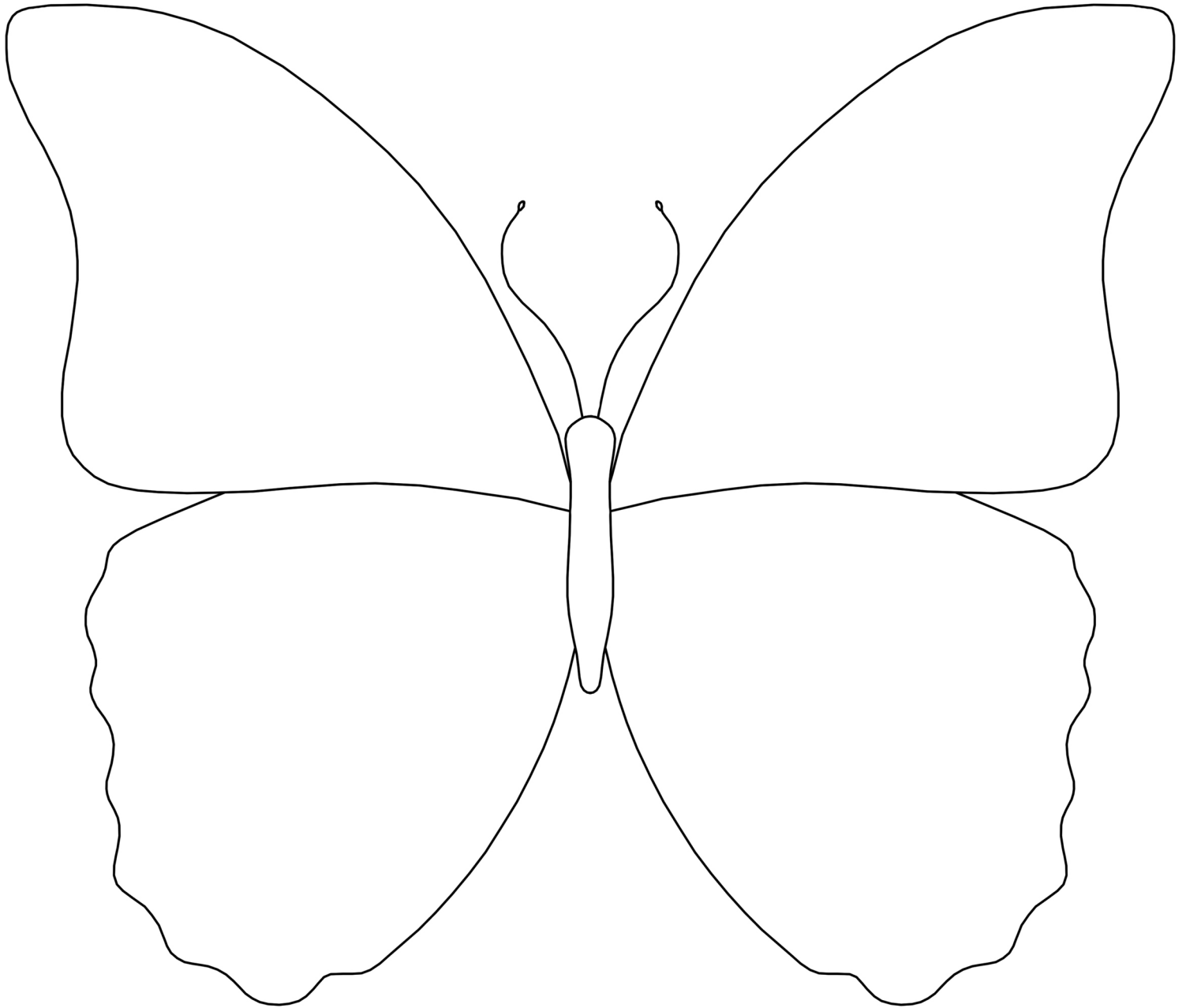


Keeping your back
straight and shoulders
back aligns the body
and helps promote a
sense of confidence
and positivity.

Our posture can
affect our mood
so think of standing
and stretching as
pushing the reset
button on your
body!

Stand up straight

Call the positive people in your life

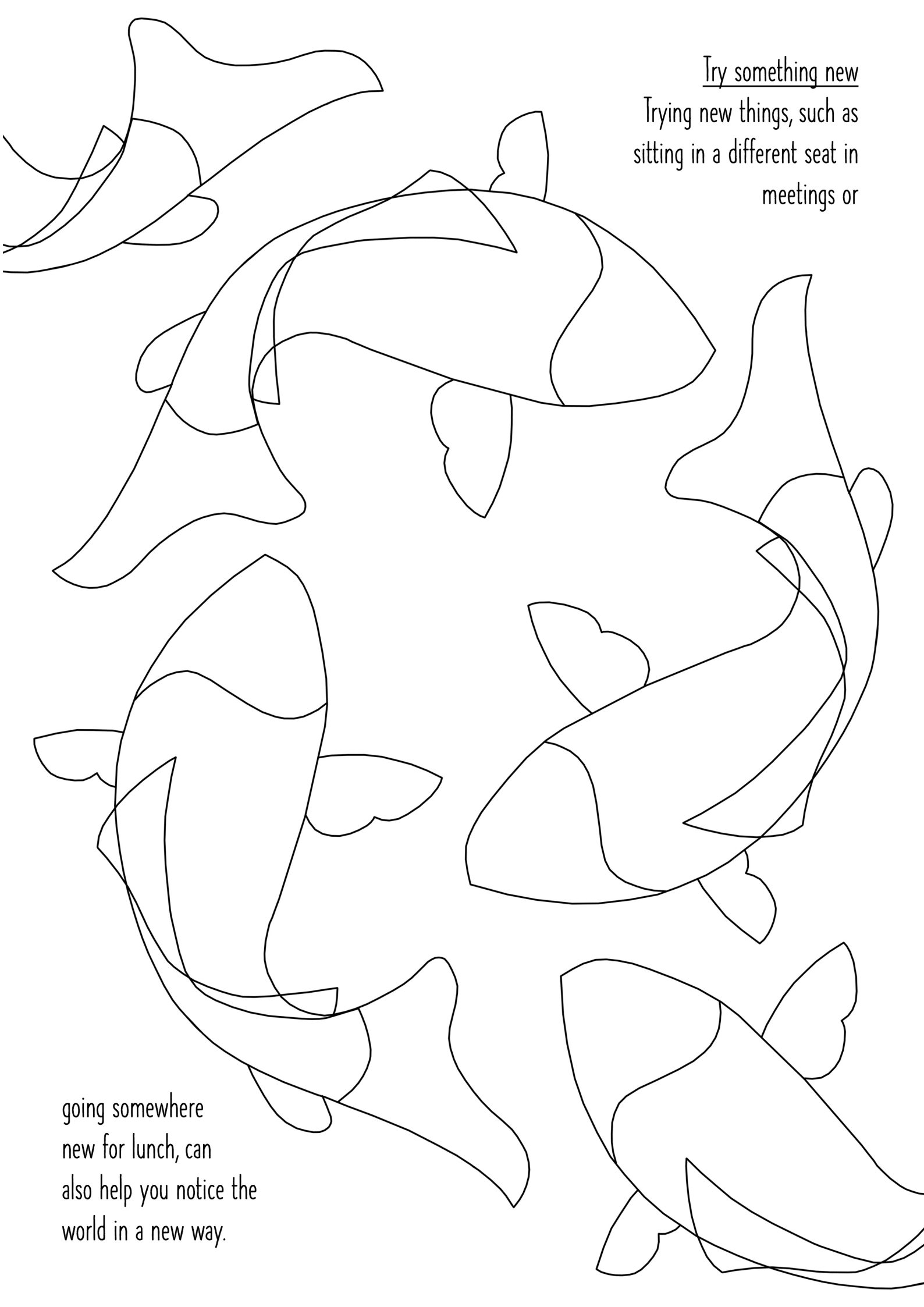


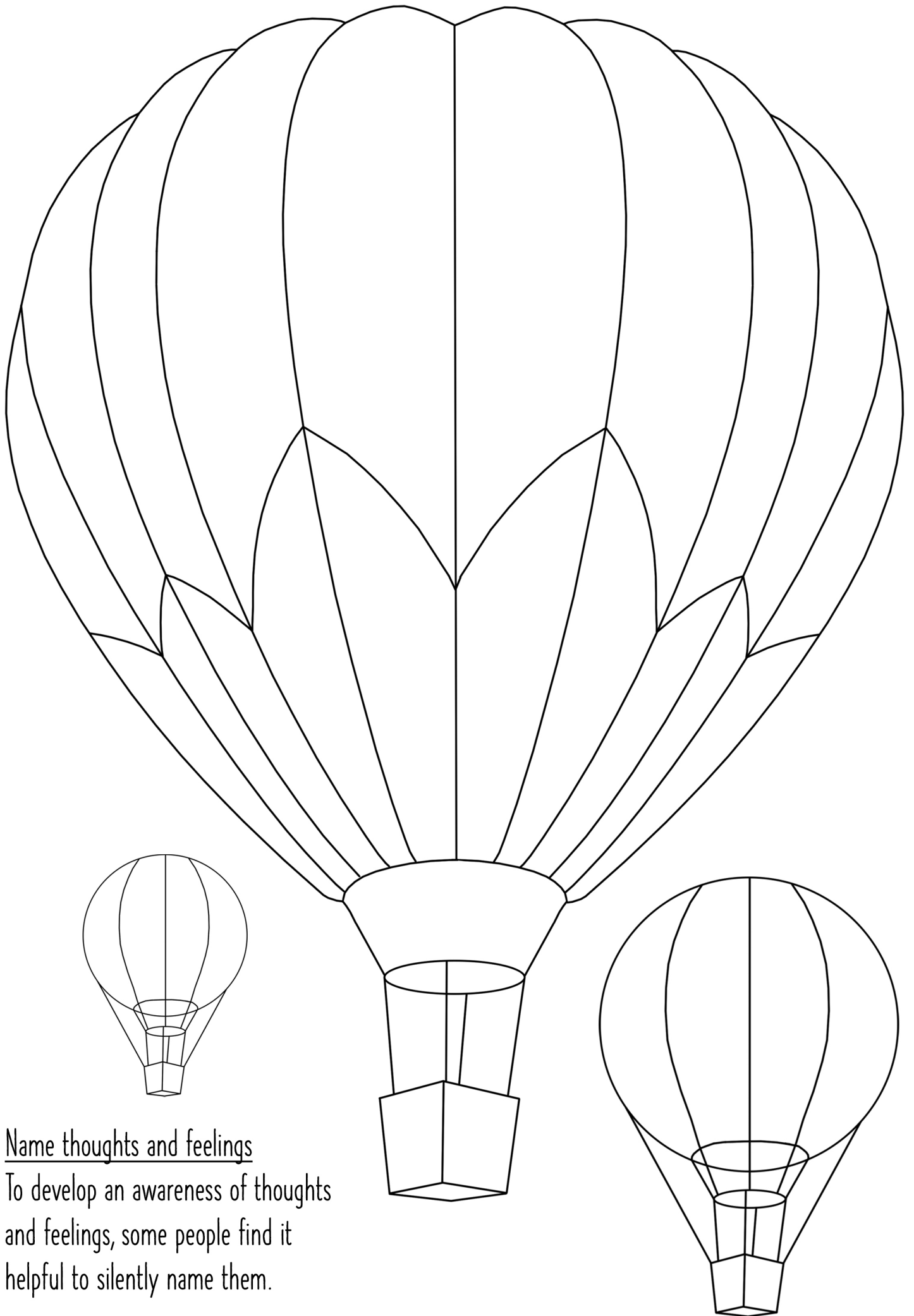
It's an obvious one but often when we feel tired and down we can't face the idea of picking up the phone and talking to other people. However, studies show that both bad and good moods can be picked up from friends. Calling, texting or video chatting a happy, positive friend can give you the boost you need and make you smile – happiness really is contagious.

Try something new

Trying new things, such as
sitting in a different seat in
meetings or

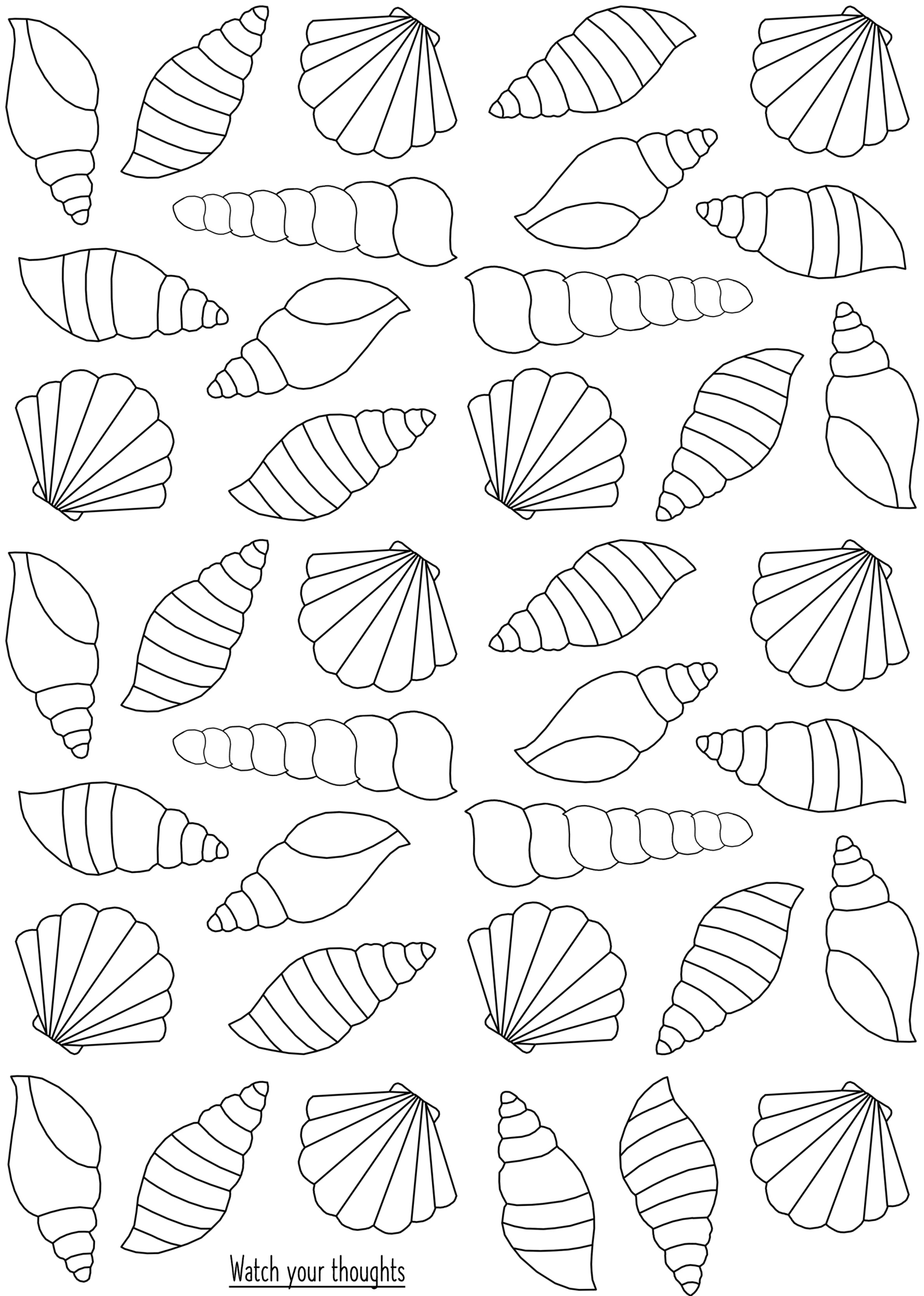
going somewhere
new for lunch, can
also help you notice the
world in a new way.





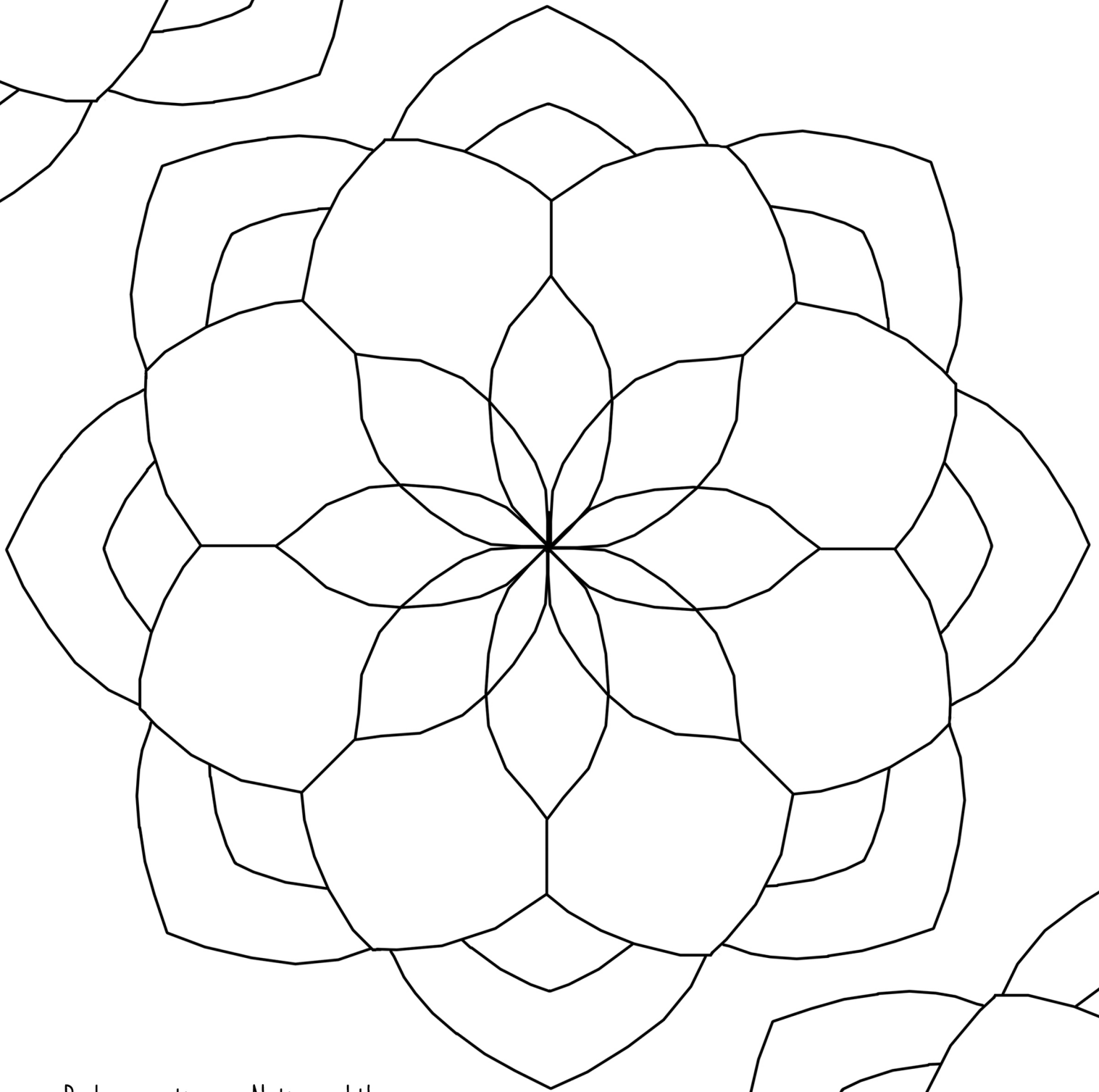
Name thoughts and feelings

To develop an awareness of thoughts and feelings, some people find it helpful to silently name them.

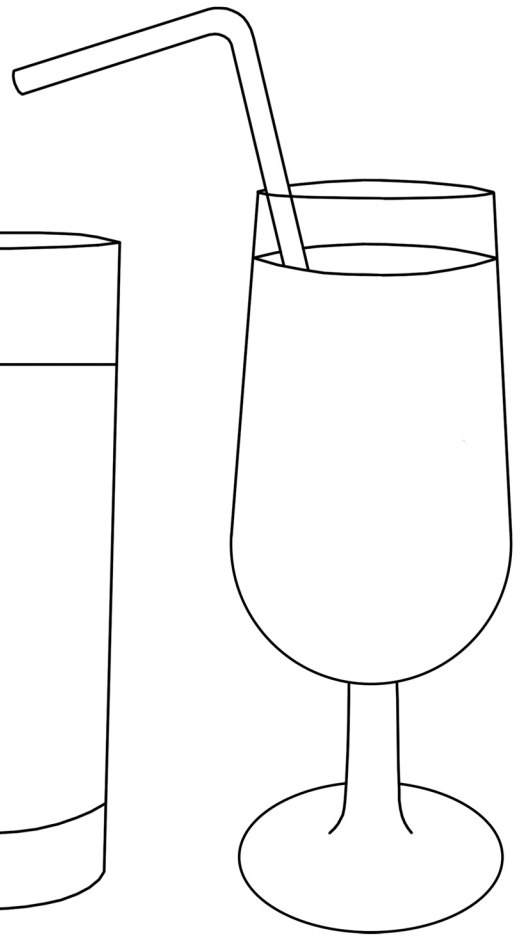
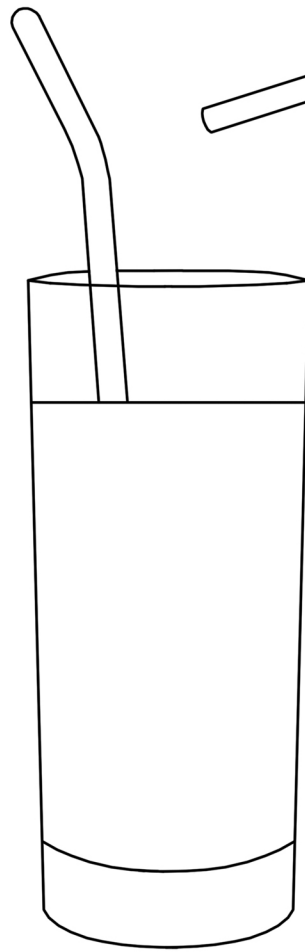
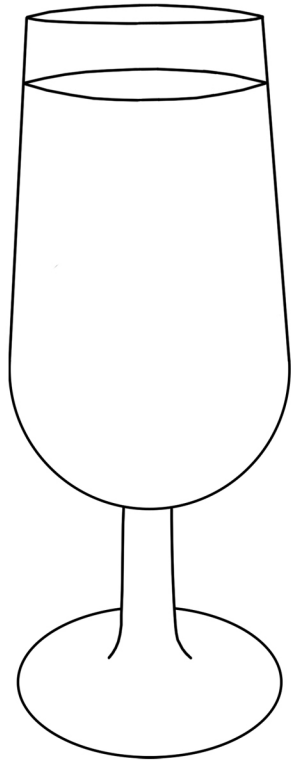
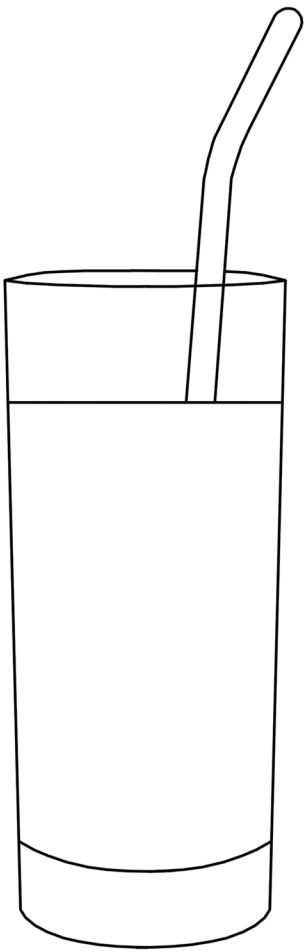


Watch your thoughts

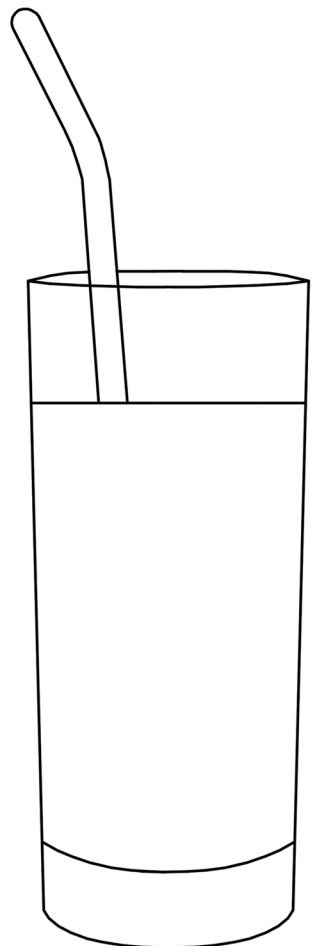
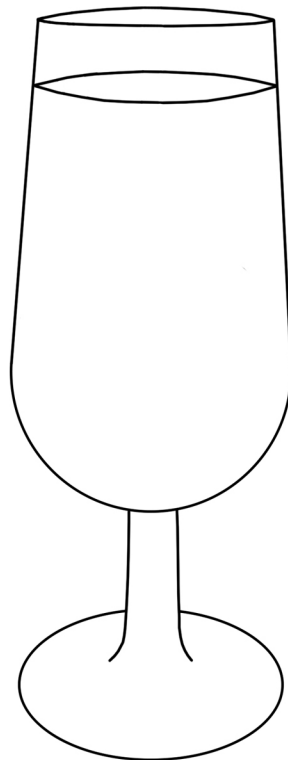
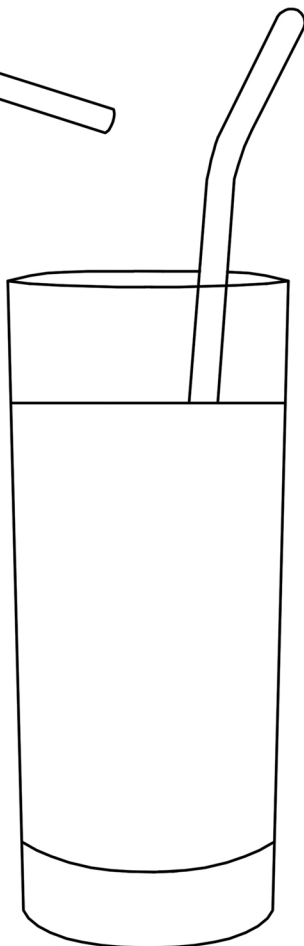
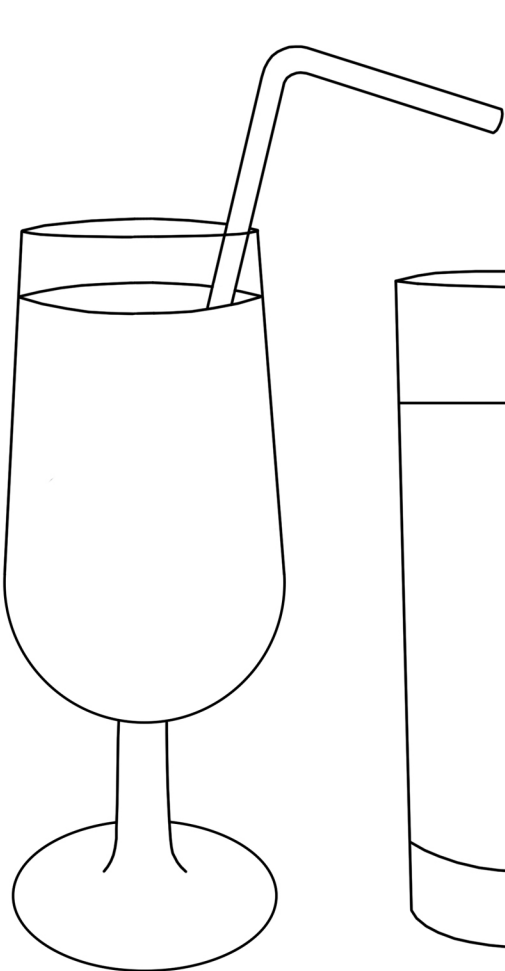
Sensory – Notice sights, sounds, smells, tastes, and touches. Name them 'sight,' 'sound,' 'smell,' 'taste,' or 'touch' without judgment and let them go.

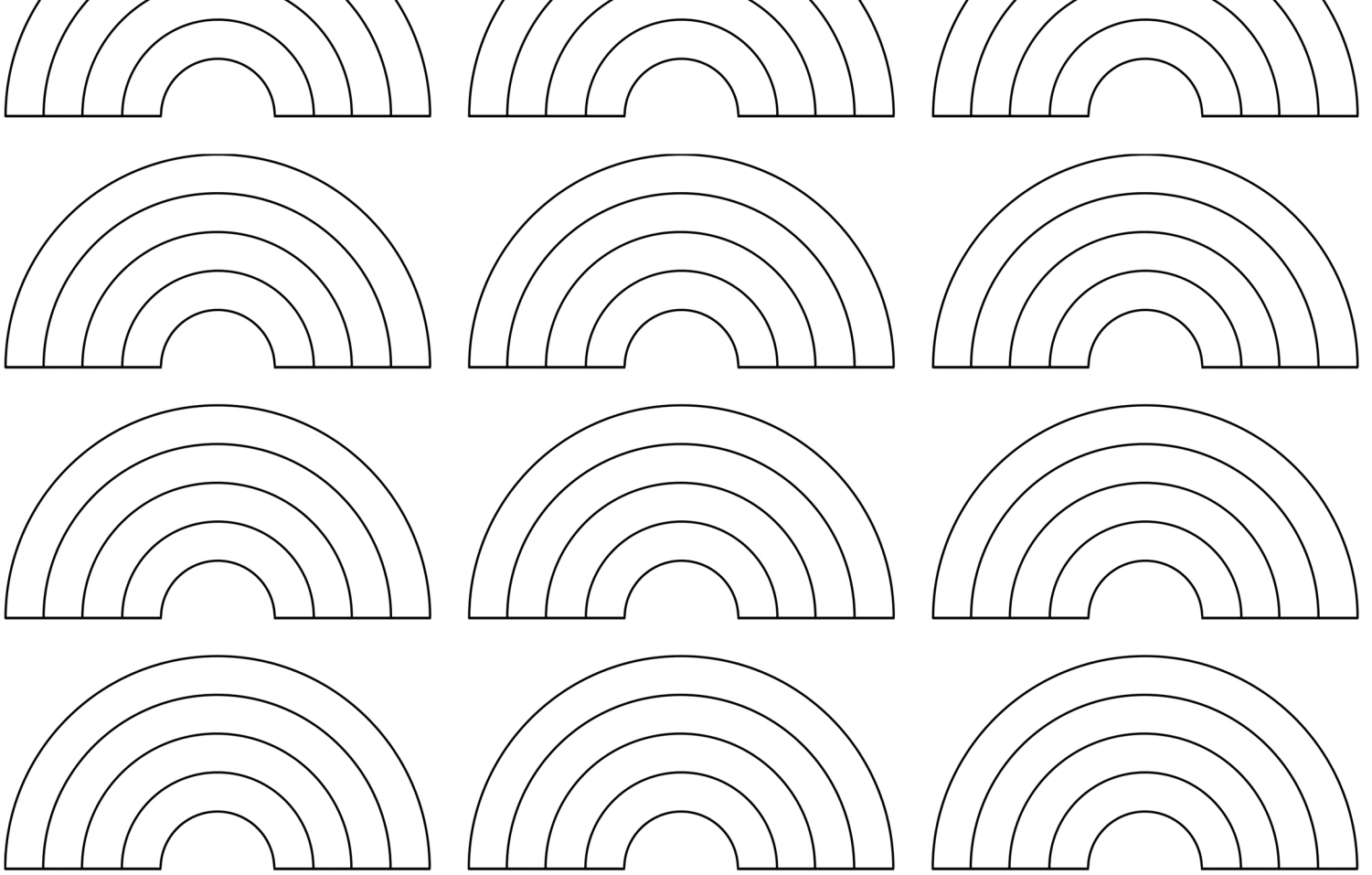


Body sensations – Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.



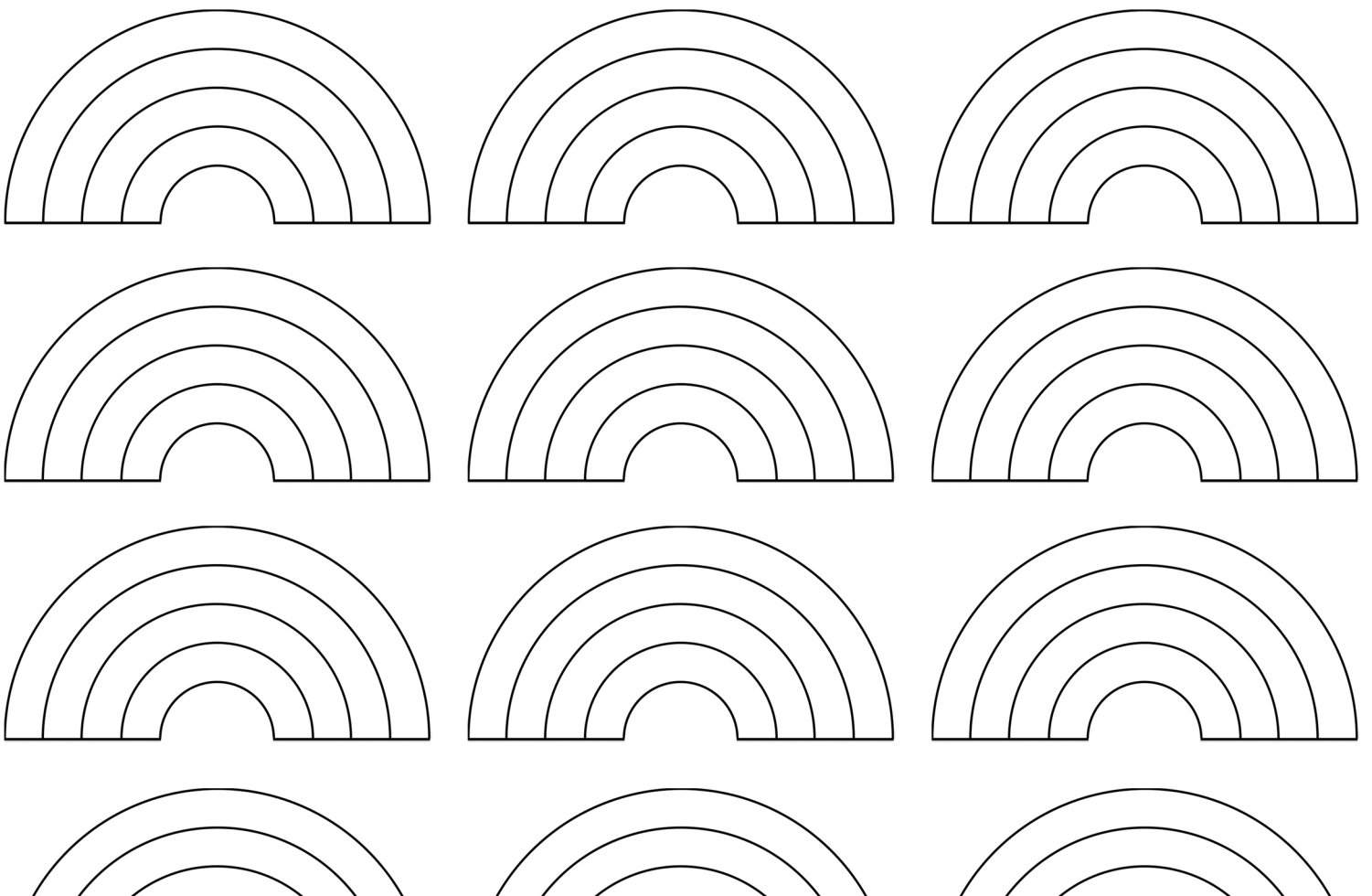
Name thoughts and feelings





Emotions

Allow emotions to be present without judgment. Practice a steady and relaxed naming of emotions: 'joy,' 'anger,' 'frustration.' Accept the presence of the emotions without judgment and let them go.



A large, intricate line-art illustration of a flowering branch with many leaves and small circular buds, arching across the top of the page. Below the text, there is a line-art illustration of a potted plant with three large, round, scalloped flowers and a watering can pouring water into its pot.

Embrace inbox infinity

Studies show the average person sends and receives over 100 emails a day, checks their inbox 77 times, and spends 3.2 hours of their working day on emails.

Which is a whole lot of time wasted.

Scientists have even established a clear link between spending time on email and stress.

In other words, the more you check your emails the more stressed you'll feel.

Embrace inbox infinity, the opposite of the never-ending quest for a clean inbox, strive to simply accept the number of emails in your inbox will always be infinite.

Meditate on your commute (without others noticing)

Studies have shown that the longer the commute, the more stress and reduced concentration.

How to relieve any coronavirus anxiety and calm your headspace for the day ahead:

Simply sit or stand somewhere and take a moment to get comfortable.

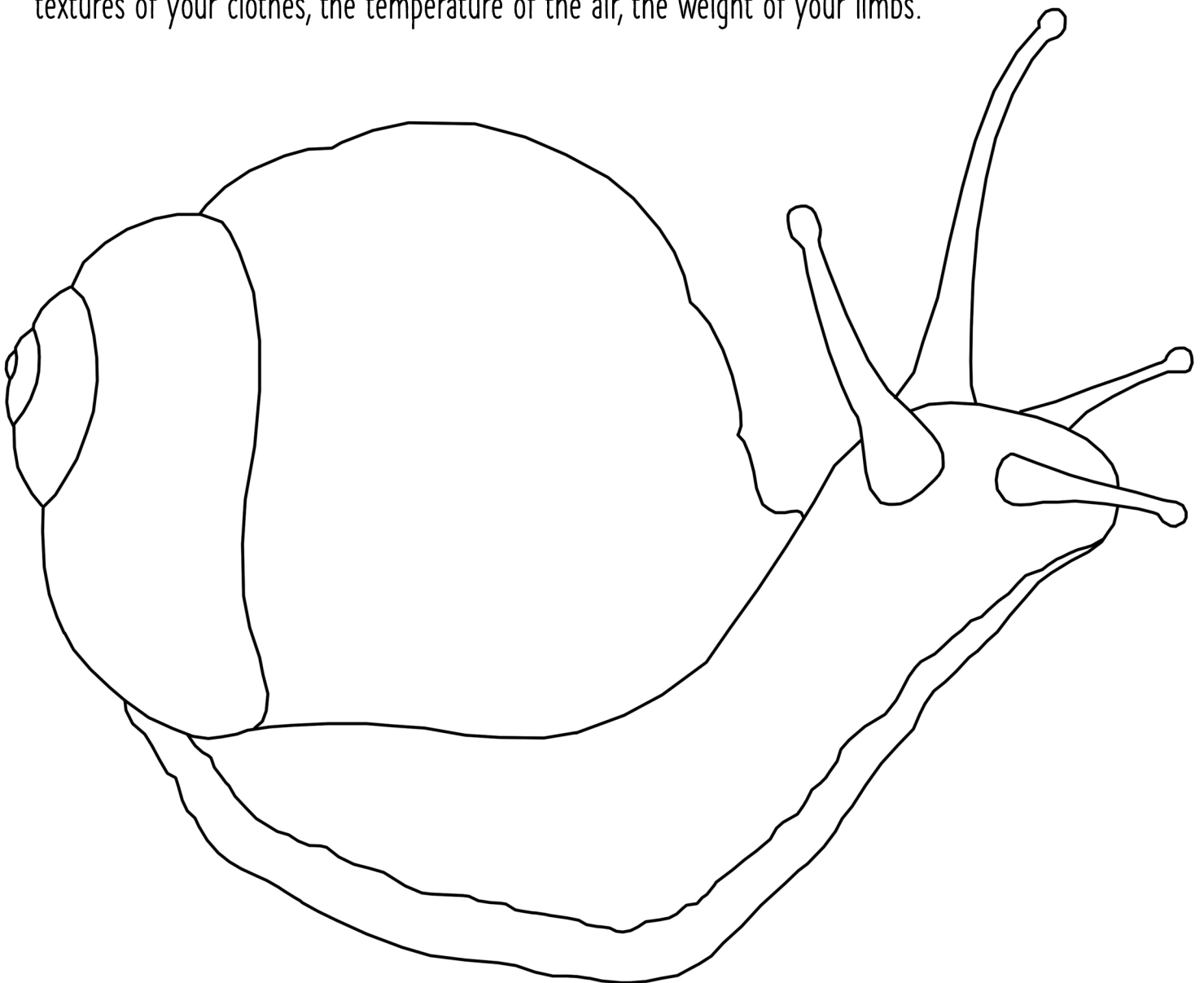
Begin with the sense of sound. Take 20 seconds and note the noises around you - loud and subtle, near and far.

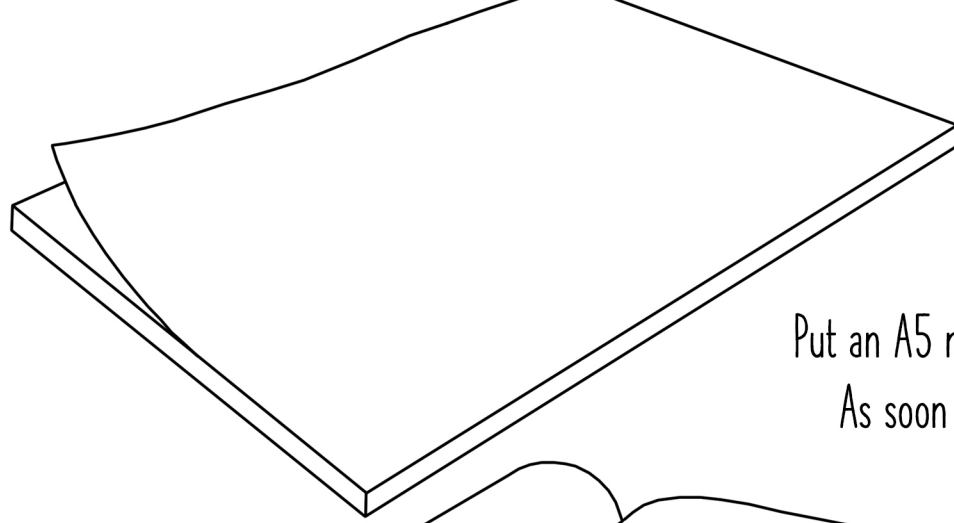
Move to the sense of sight. Take 20 seconds and note what you can see around you in that moment - colours, texture, light and shadow.

Next, take 20 seconds to note what aromas are in the air - food, perfume, humidity.

Now take 20 seconds to note the various tastes in your mouth.

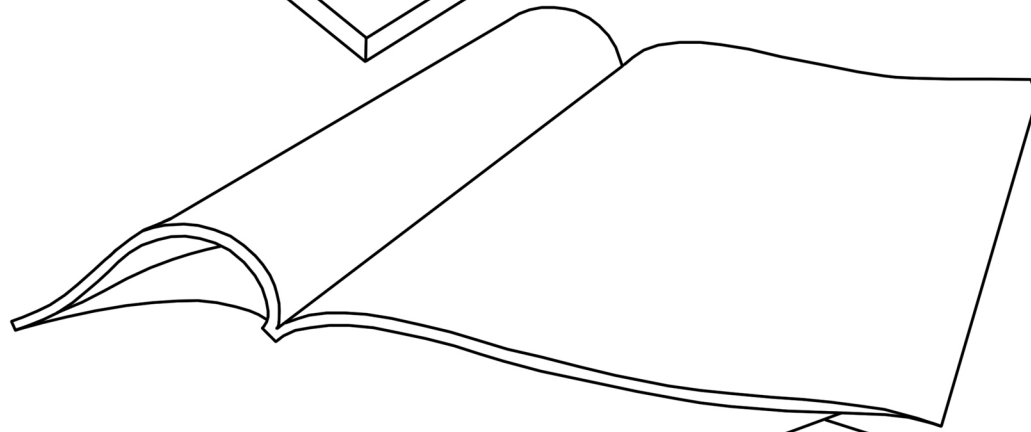
Finally, move on to the sense of touch. Take another 20 seconds and note what you feel - the textures of your clothes, the temperature of the air, the weight of your limbs.



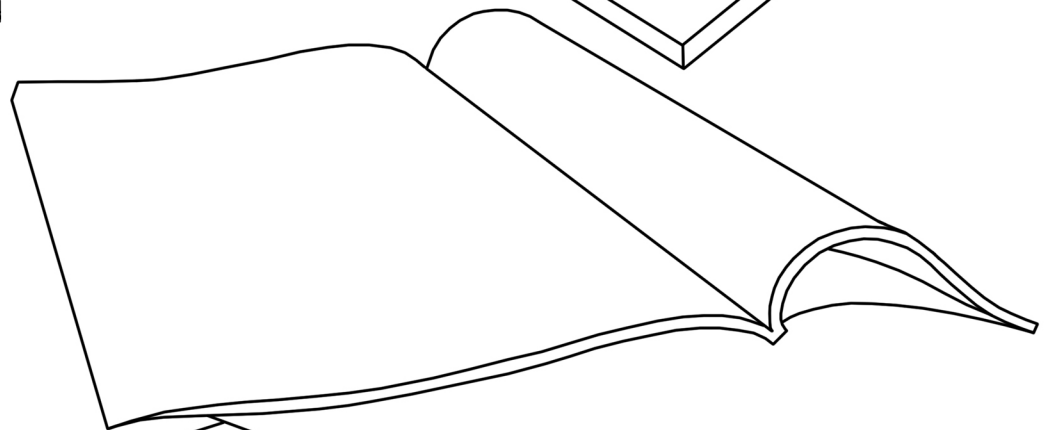
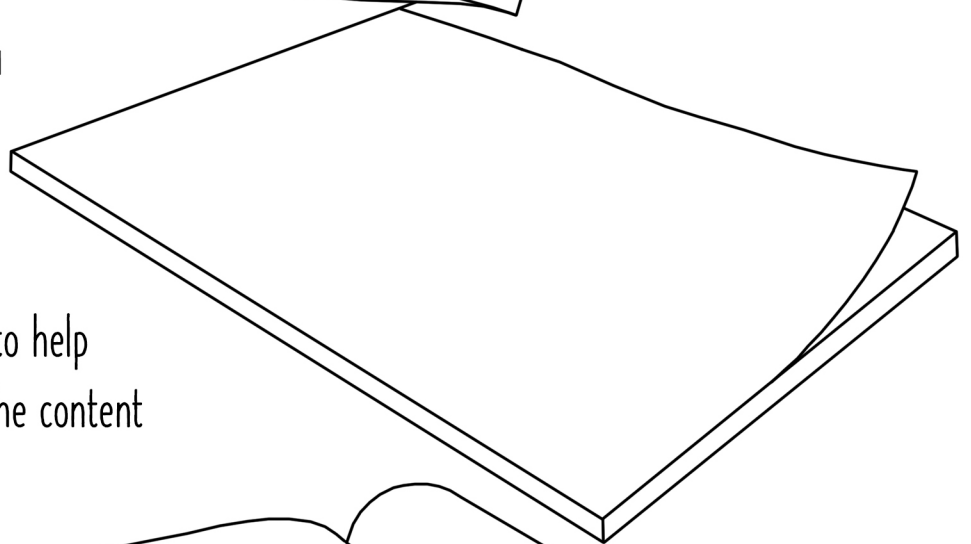


Put an A5 notebook and pen by your bed.

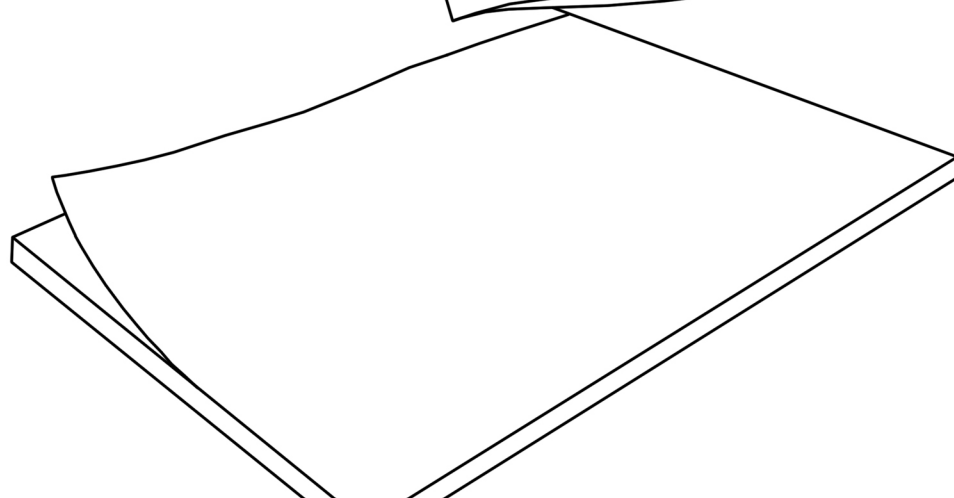
As soon as you wake each morning, fill
three pages of your
notebook with
whatever comes to
your mind -



- what you dreamt, what you
hope to accomplish that
day, any worries or other
thoughts - in whatever
order they come. The aim is to help
people empty their mind of the content
that is believed to stand
between the artist
and their
creative ideas.

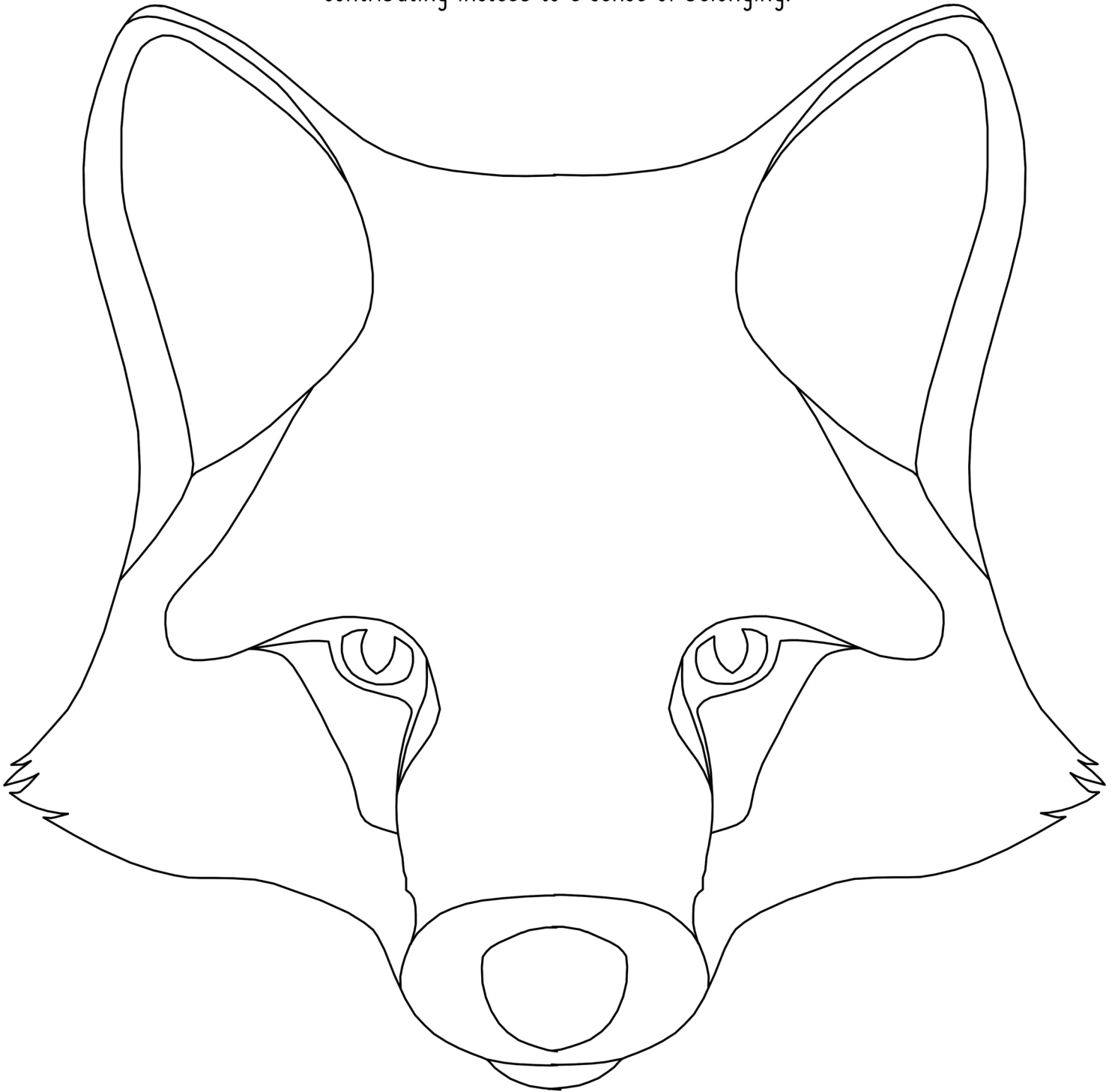


Unlock your inner creativity
and ease your anxiety

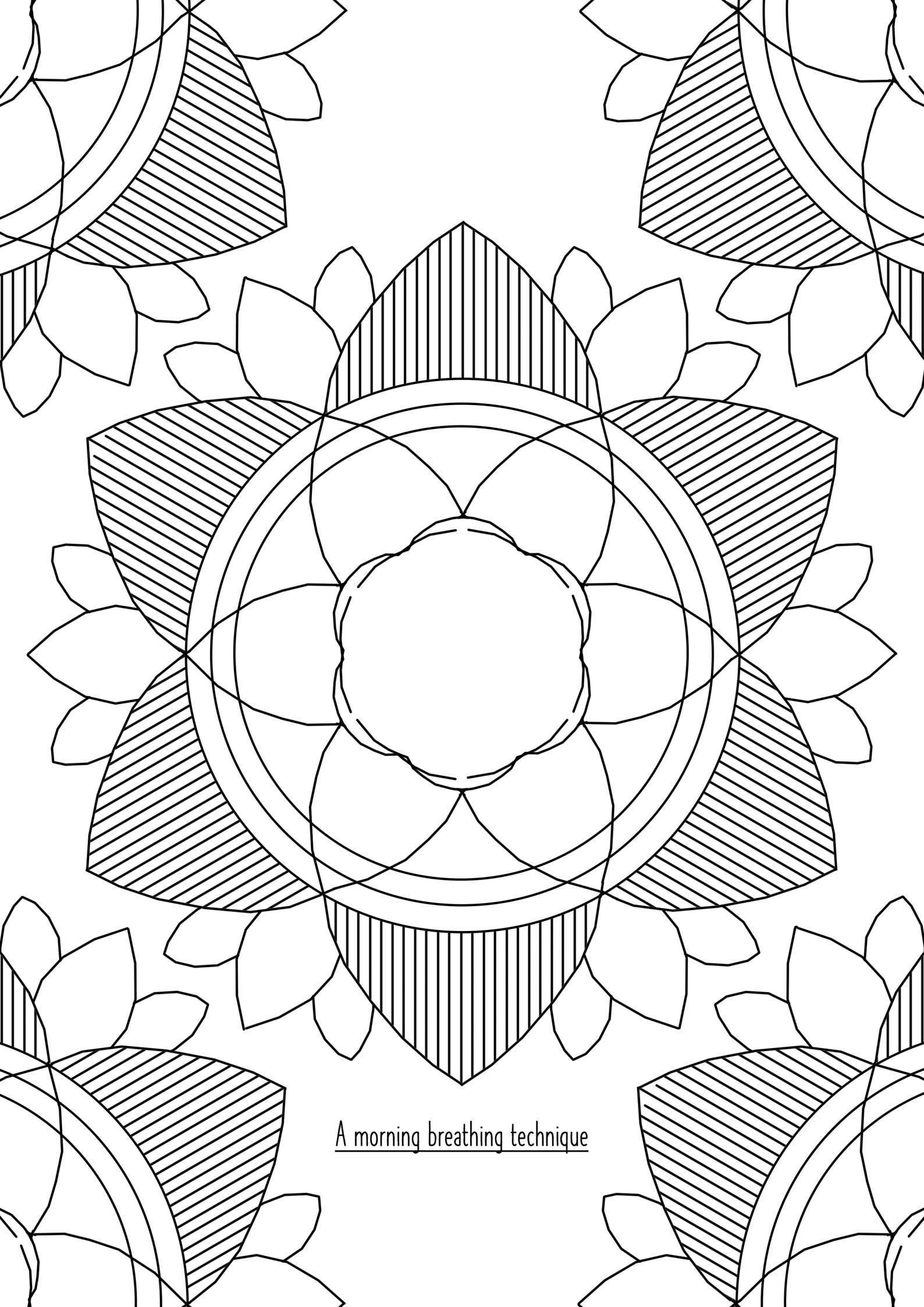


Indulge nostalgia

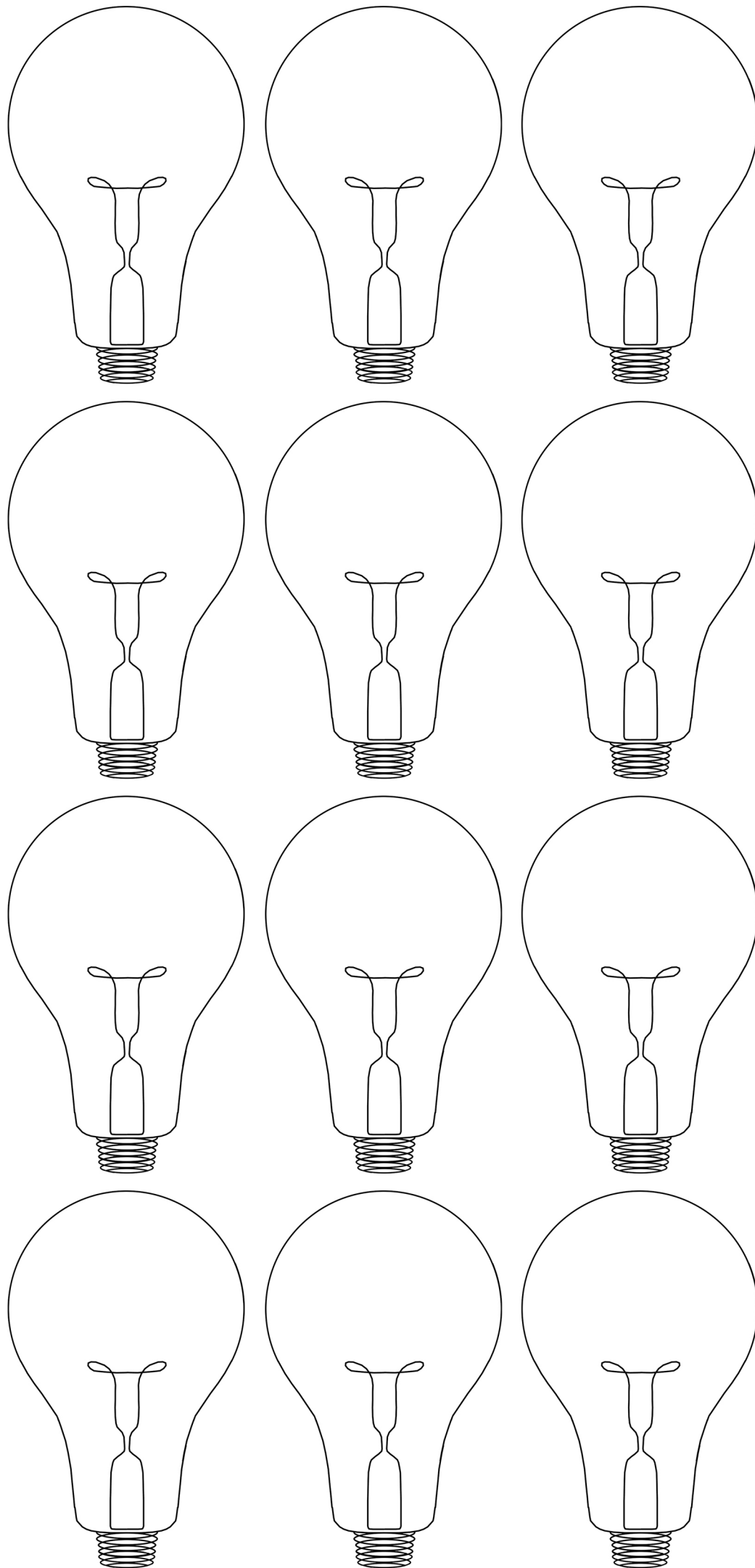
Research has shown that nostalgia can help all of us to feel more socially connected with one another. Some studies have even suggested that it might alleviate feelings of loneliness, contributing instead to a sense of belonging.



After engaging in nostalgic reflection, people feel more socially valued, loved, socially confident, and optimistic about being able to form and maintain close relationships. It also reinforces self-continuity (a sense that your past is interwoven with your present), and a sense of personal identity.



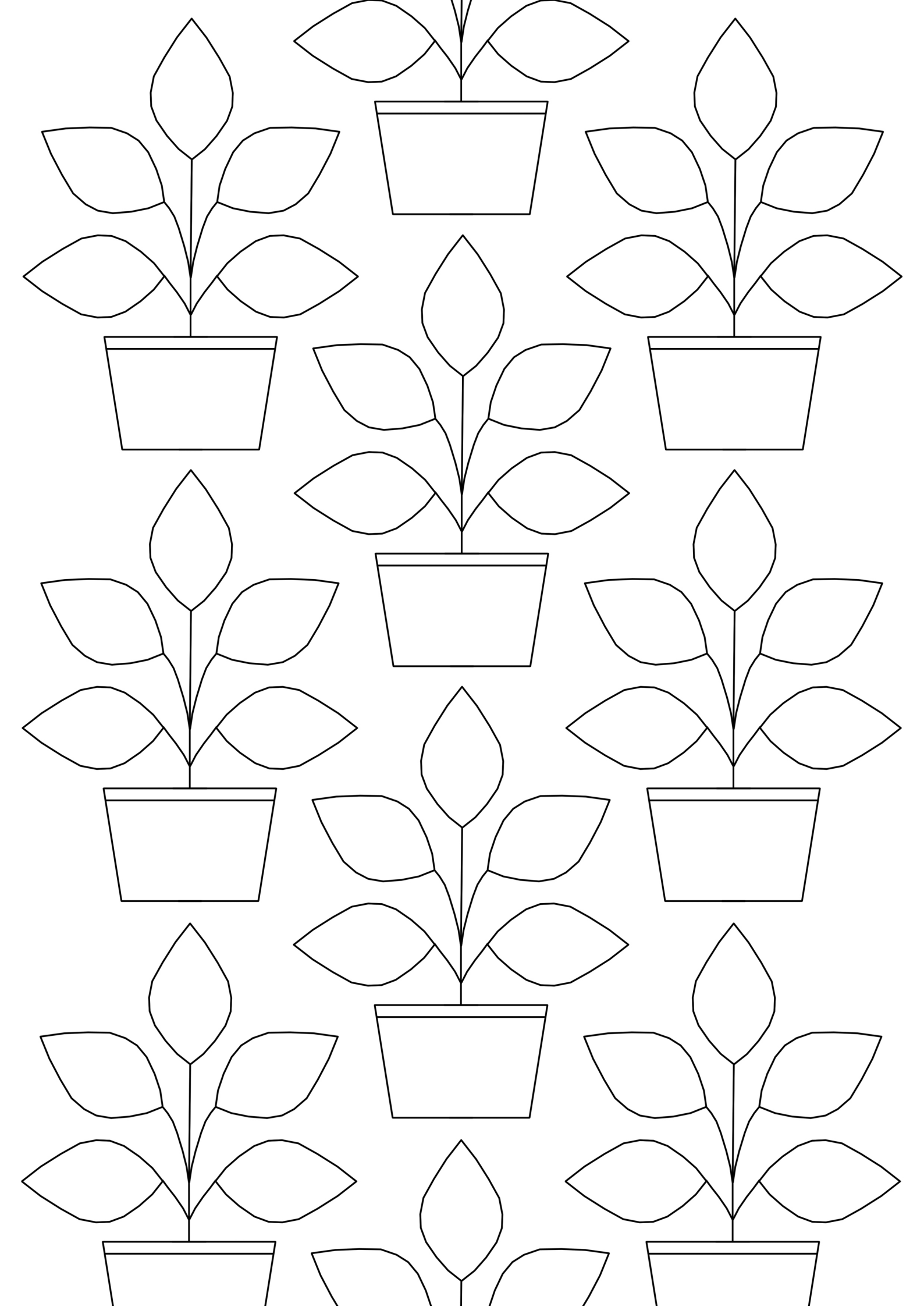
A morning breathing technique

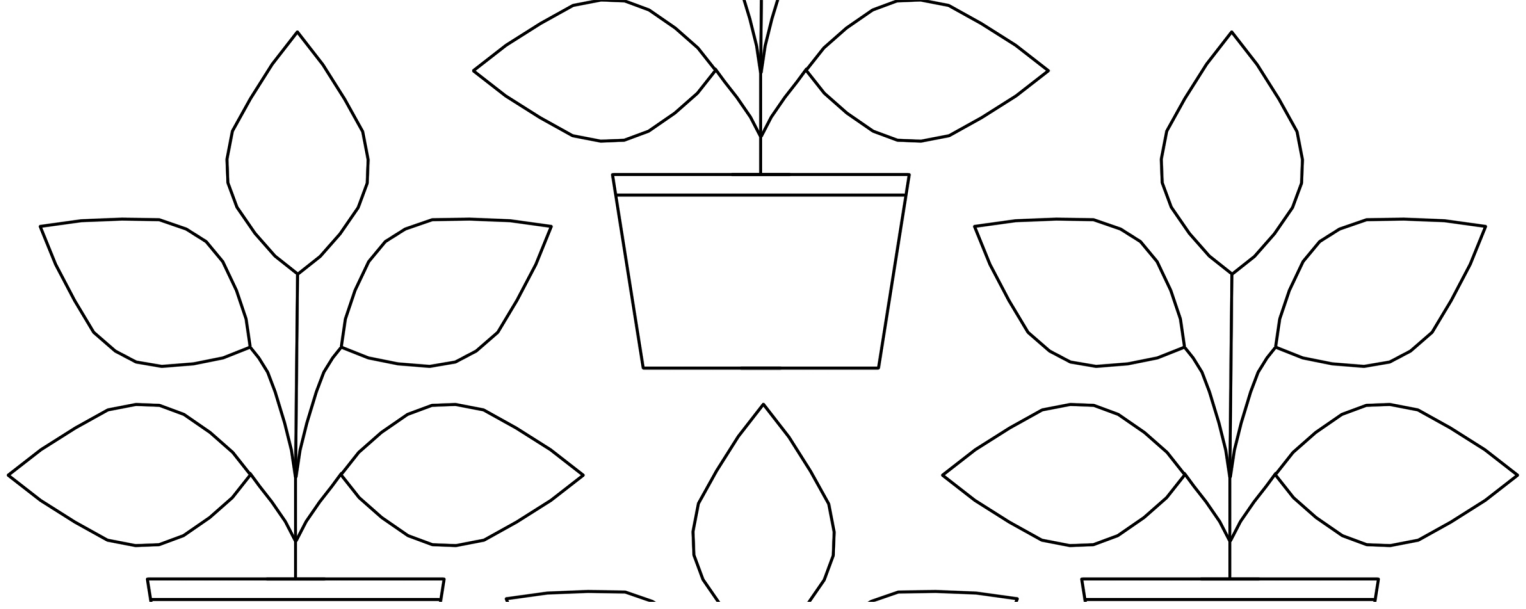


Boost your brainpower with vocab

Learning something new, something that's personally meaningful and is practiced regularly, contributes to wellbeing. And if that activity allows us to communicate more clearly and increase IQ as well, then all the better.

Learning a new word every day is an ideal way to do this - you'll be amazed at how much more clearly you'll start to understand the world around and within you when you have just the right words to encapsulate what's happening.





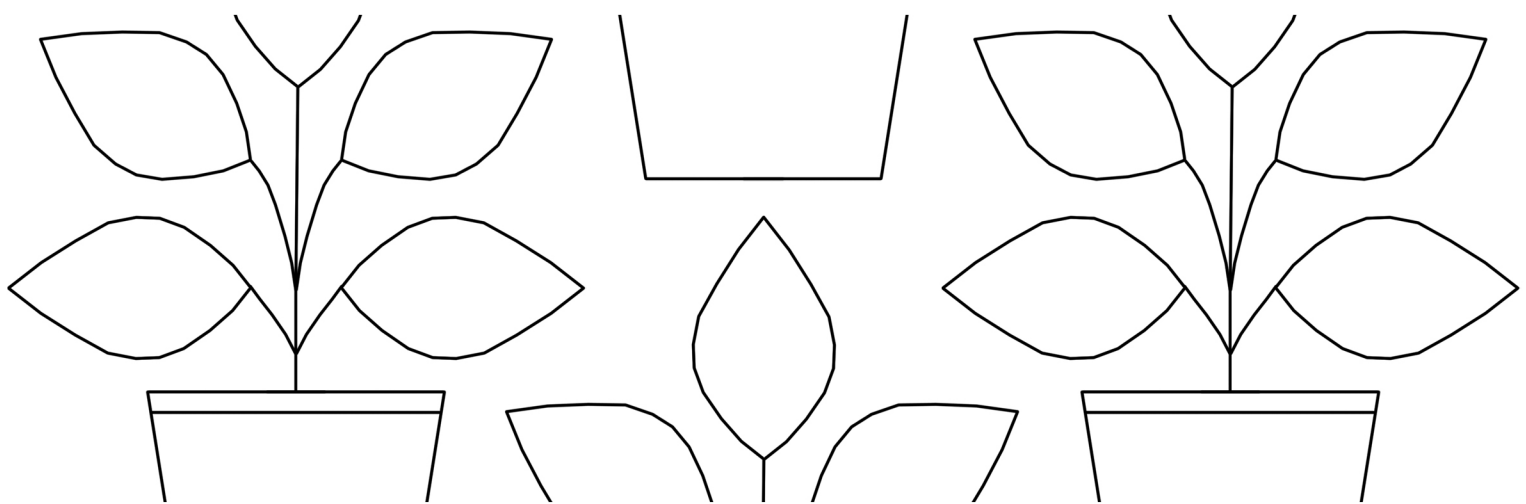
Get gardening

Light gardening can mimic the effects of exercise, including lowering blood pressure and improving mood and self-esteem.

Just half an hour a week on an allotment results in less stress and fatigue, as well as boosting self-esteem and overall good health. Researchers also found the regular gardeners were less likely to be overweight, less prone to depression and anxiety, and had more energy.

And ditch the gardening gloves: another study found that bacteria found in soil can boost levels of serotonin, the body's 'happy hormones'. Soil contains a bacteria called *Mycobacterium vaccae*, which gets absorbed through our fingers and palms and triggers the release of serotonin, which is a natural mood lifter.

Other studies show that exposure to dirt can lead to a more diverse, and therefore healthier, gut bacteria which can benefit overall health, including emotional wellbeing. By throwing out antibacterial hand washes, which wipe out beneficial bacteria, and increasing your exposure to dirt by working in your garden and buying organic vegetables with soil still clinging to their roots, we can improve our health.



Practise Mindfulness



