

Weekly Wellbeing

10 minute mindfulness activities

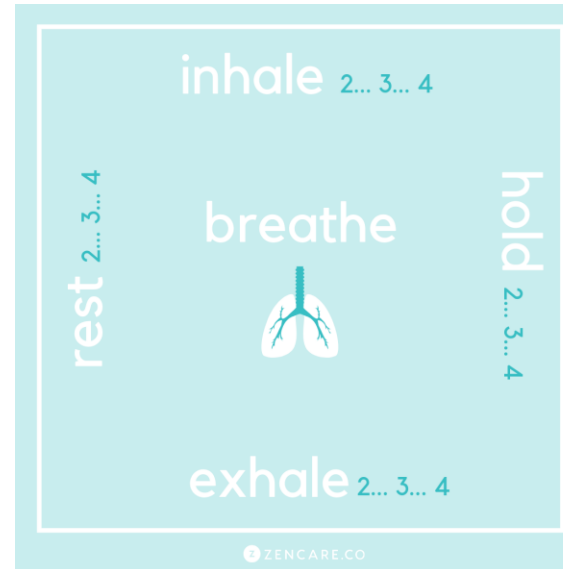
Week 1: Square breathing

Square breathing can be useful in many situations, including:

- ▶ To [calm yourself down](#)
- ▶ In stressful situations
- ▶ When [trying to sleep](#)
- ▶ When you need to clear your head

How to do square breathing

- ▶ Begin by slowly exhaling all of your air out.
- ▶ Then, gently inhale through your nose to a slow count of 4.
- ▶ Hold at the top of the breath for a count of 4.
- ▶ Then gently exhale through your mouth for a count of 4.
- ▶ At the bottom of the breath, pause and hold for the count of 4.



Week 2: Make time for what you enjoy

- ▶ Take a few minutes to think of an activity you enjoy. This could be reading, baking, listening to music, walking, or something completely different!
- ▶ Book it into your diary or calendar like you would an appointment with someone else
- ▶ Keep the date!

Activity: Book something in your diary for this week.

Taking time for yourself gives your brain a chance to re-boot, and improves your concentration as well as your mood.

Week 3: Yogic breathing

It's said that a few minutes of this alternate nostril breathing each day helps to de-stress and release tension by lowering your heart rate. As you shift your focus between your left and right nostrils, your mind naturally becomes more centred and focused.

How to do Alternate Nostril Breathing

- ▶ Begin in a comfortable sitting position. Soften your jaw and breathe naturally. Keep your eyes closed throughout and continue taking long, deep, smooth breaths without any force or effort.
- ▶ With your right hand, bend your index and middle fingers, keeping your ring finger, pinkie finger, and thumb extended. Place the fingers very lightly on the forehead and nose. There is no need to apply any pressure.
- ▶ Close your right nostril with your right thumb.
- ▶ Inhale deeply through your left nostril. Do not breathe from the mouth or make any sound while breathing.
- ▶ At the top of your inhalation, close your left nostril with your right ring finger as you release the right nostril.
- ▶ Exhale through your right nostril. Your exhalation should be longer than inhalation.
- ▶ Keeping the left nostril closed, inhale deeply through your right nostril.
- ▶ Seal your right nostril again with your thumb, then release your left nostril.
- ▶ Exhale out of your left nostril. You should now be in the original position, with your thumb sealing your right nostril. This is one cycle.
- ▶ Balance your inhalations and exhalations so they are the same length through both nostrils.
- ▶ Repeat up to 10 full cycles, gradually increasing the number of repetitions as you gain experience.

Week 4: Body Scan

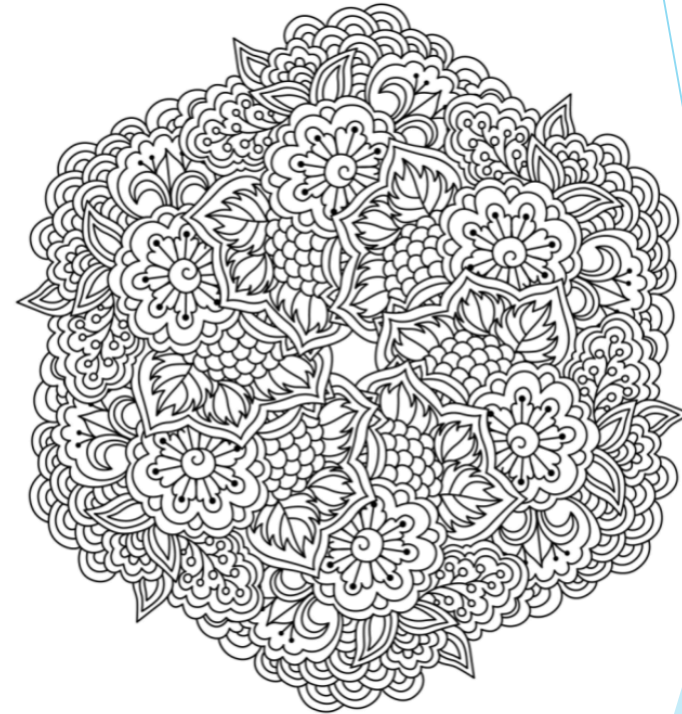
https://youtu.be/ihwcw_ofuME

This mindfulness activity is a way to a way to get in touch with the body, let go of difficult thoughts and feelings, and focus your attention.

Week 5: Mindful colouring

Colour in one of the designs provided, or your own drawing if you're feeling creative.

Research shows that colouring can help lift your mood, reduce anxiety and stress.



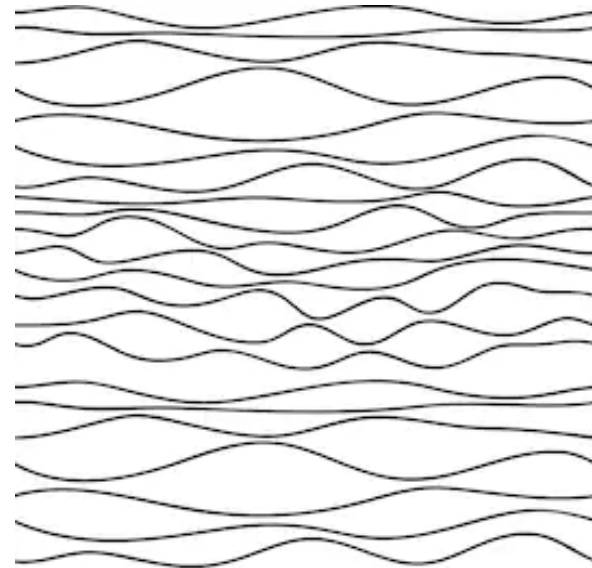
▶ [Link to colouring sheets](#)

Week 6: Draw your breath

(You will need a piece of paper, and a pencil or pen)

- ▶ Place your pen or pencil on the paper
- ▶ Take a moment to notice and focus on your breath
- ▶ Imagine your breath as a line and draw it on the paper, without lifting the pencil. It could be up and down, side to side, in circles or something else.
- ▶ Continue for a few minutes
- ▶ Notice how the line changes when you focus on calm relaxing breaths

Discuss your experience in pairs or as a group.



Week 7: EduKit

- ▶ Take 10 minutes to get to know the EduKit app
- ▶ Check in with how you are feeling today

