

Mindfulness & Mental wellbeing

**Safeguarding
Adults Week 2023**

Monday 20 – Friday 24 November
#SafeguardingAdultsWeek

ann craft trust
acting against abuse

Stephanie Grace & Hayley Conchie

Smile 

Breathe

CLOUD GAZING 

Exercise 

Spend time with nature 

Open Mind 

Walk BAREFOOT 


RELAX
RELAX
RELAX

MINDFULNESS

FORGIVE
FORGIVE
FORGIVE

POSITIVE THINKING 

Plant 

COOK 

Take the dog for a walk 

Chat with friends <listen> 

Take a bath 





Benefits of Mindfulness

- Improved Mood
- Reduced Stress
- Improved Sleep
- Relieves Anxiety
- Increases Energy
- Increases Empathy
- Improved Awareness
- Improves Self-Esteem
- Reduces Depression
- Boosts Focus

Why is mindfulness important in social work?

Ability to relate to others

Creates awareness of own emotions

Improved physical and mental health

Better decisions making

Recognise signs of burn out earlier

Reduces stress & enhances self care, compassion and well-being

Increased focus

Increase empathy in social workers

What is Meditation?

Meditation is a practice in which an individual uses a technique such as mindfulness, or focusing the mind on a particular object, thought, or activity



Types of meditation

- Focused breathing
- Mindfulness meditation
- Nature inspired meditation
- Sound Healing
- Walking meditation
- Movement Meditation
- Spiritual
- Yoga
- Visualisation

Alternative meditation

- Listening to music / pod casts
- Cooking / baking
- Hobby
- Exercise classes
- Swimming
- Reading
- Bath candles
- walks

Some simple breathing exercises that could be useful when feeling overwhelmed

Benefits:

- Helps to distract from negative thoughts
- Connect with your body
- brings us back to the present moment and helps us feel more grounded.
- strengthens the lungs and opens up airways

An simple example of breathing techniques.

Box Breathing:

Box breathing, also known as four-square breathing, involves exhaling to a count of four, holding your lungs empty for a four-count, inhaling at the same pace, and holding air in your lungs for a count of four before exhaling and beginning the pattern anew.

For further information around breath work, this can be found on the internet. If you have any health issues remember to consult you GP before trying any of the exercises. If you feel this type of breath work is not for you. You can simply close your eyes take some deep breaths in and out and notice your breath for 1 or 2 minutes, this will also help to take your mind of any negative thoughts and help you to feel more relaxed

Meditation:

Guided mediation 5 minute mediation

<https://www.youtube.com/watch?v=uqGTphrGHi4>

<https://www.youtube.com/watch?v=MR57rug8NsM>

Dr Ramdesh guided stress relief meditation:

<https://www.youtube.com/watch?v=YpZMyCxBpOU>

You can also access apps on your phone which support with stress relief and have some useful tools that you can implement into your morning or evening routine

- Calm App
- Headspace

What Halton offer

Stress Awareness session for HBC staff at Grangeway Community Centre.

Wednesday 1st November 2023	9:30am – 11:30am
Wednesday 1st November 2023	13:30pm – 15:30pm
Tuesday 12th December 2023	14:00pm – 16:00pm
Friday 12th January 2024	9:30am – 11:30am
Thursday 8th February 2024	9:30am – 11:30am
Thursday 14th March 2024	13:30pm – 15:30pm

To book a place or request further information please email training.reception@halton.gov.uk or telephone
0151 511 7111

5 – 10 minutes
Meditation

