

THE LITTLE BOOK OF
*Mindfulness
Exercises*



W E L L B E I N G
C O L L E C T I V E

LET EVERYTHING
OUT

TABLE OF *Content*

What to expect	01
Body Scan	02
STOP Exercise	03
Worry Leaves	04
Personal Mindfulness Toolkit	05
Weather Inside Me	06
Thoughts Are Not Facts	07



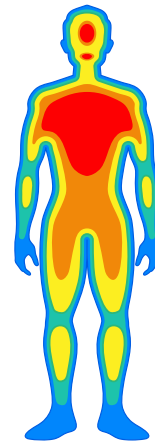
WHAT TO EXPECT



This mindfulness booklet is a gentle introduction to mindfulness and how it can be incorporated into everyday life. It includes simple explanations, practical exercises and ideas to help you slow down, notice the present moment and become more aware of your thoughts, feelings and surroundings. You do not need any previous experience with mindfulness - simply approach the booklet with curiosity and take from it what feels useful to you.

There is no right or wrong way to work through this booklet. You can read it from beginning to end or dip into different sections depending on what you need at the time. Try the exercises at your own pace and give yourself time to notice how they feel. You may find it helpful to return to the same practices regularly, allowing mindfulness to become something you gradually build into your everyday life.

BODY SCAN



WHY?

A body scan can help you slow down and reconnect with what is happening in your body. We often move through our day without noticing tension, discomfort or other physical sensations until they become difficult to ignore. A body scan encourages you to notice these sensations without needing to change or judge them.

It can be particularly useful when you feel stressed, overwhelmed or disconnected from yourself. With practice, it can help you become more aware of the connection between your body, thoughts and emotions.

HOW?

Find somewhere comfortable where you can sit or lie down. Close your eyes if that feels comfortable, or soften your gaze.

Starting at your feet, slowly bring your attention through different parts of your body - your feet, legs, hips, stomach, chest, shoulders, arms, hands, neck and face.

At each point, simply notice what is there. You might notice warmth, coolness, tingling, heaviness, tension, discomfort or perhaps very little at all.

There is nothing you need to fix. If you notice tension, you do not have to make it disappear. Simply acknowledge it and move your attention onwards.

If your mind wanders, that's okay. Gently bring your attention back to the part of your body you are focusing on.

When you reach the top of your head, take a moment to notice your body as a whole. What are you aware of now?

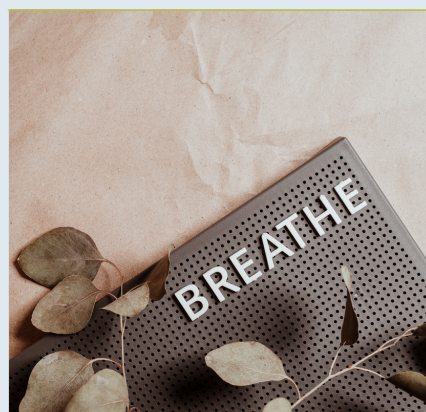
STOP EXERCISE



The STOP exercise is a simple mindfulness tool you can use when you feel overwhelmed, stressed or caught up in your thoughts. It creates a small pause between what is happening and how you respond, giving you a chance to slow down and choose what you need next.



STOP



TAKE A BREATH



OBSERVE



PROCEED

WORRY LEAVES

1. NOTICE THE THOUGHT

Take a moment to notice what is on your mind. Imagine writing your worry or thought on a leaf. You don't need to solve it or push it away - simply acknowledge that it is there.

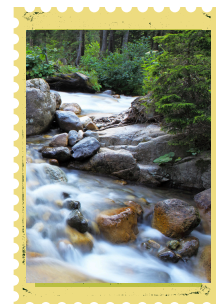


2. NAME IT

Give your thought a name. Is it a worry about the future, a fear, a memory, a judgement or something you feel you need to control? Naming it can help you recognise that you are having a thought, rather than being defined by it.

3. LET IT PASS

Imagine placing your leaf onto a stream and watching it gently float away. You may need to do this more than once as your mind brings the thought back. Each time, notice it and allow it to pass without following it.



4. COME BACK TO NOW

Bring your attention back to the present moment. Notice your surroundings, your breathing or the sensations in your body. Ask yourself: "What is happening right now, and what do I want to give my attention to?"

YOUR PERSONAL MINDFULNESS TOOLKIT



Mindfulness is not only about what we do in a moment of stress. Looking after ourselves in everyday life can help us feel more balanced and better able to cope when things become difficult. Think about the different areas of your life that support your wellbeing and consider what you need in each one. You might find that some areas need more attention than others.

For each area, make a list of things that help you meet that need. These could be small, simple things that are easy to build into your day. Write your ideas down somewhere you can easily see them, such as in your phone, on a notebook or on a room whiteboard. Having your own personal toolkit to refer back to can make it easier to remember what helps when you need it most.



SLEEP & REST



NUTRITION



MOVEMENT



SOCIAL NEEDS



ENJOYMENT



HYDRATION

WEATHER INSIDE ME



Think of your emotions like the weather. They can change throughout the day, and even difficult weather will eventually pass. Take a moment to notice what is happening inside you without judging or trying to change it.



What is my emotional
weather right now?



What am I noticing in my
body?



What might I need right
now?



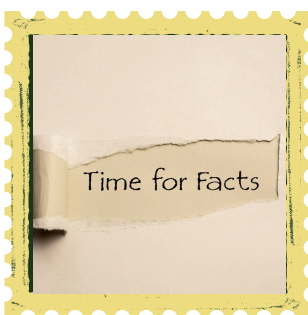
What could help me
through this moment?

THOUGHTS ARE NOT FACTS

1. WHAT IS THE THOUGHT?

Write down the thought that has been bothering you.

Ask yourself, what is the thought predicting, assuming, or saying about you or the situation?



2. WHAT ARE THE FACTS?

Consider what you actually know, rather than what you fear or assume. What evidence supports this thought? What evidence might not support it? Is there another possible explanation for what is happening?

3. HOLD IT LIGHTLY

Try changing the wording from “I am going to fail” to “I am noticing that I am having the thought that I am going to fail.” Notice how this creates a little space between you and the thought. You don’t have to argue with it or make it disappear.



4. WHAT MIGHT YOU SAY TO SOMEONE ELSE?



Imagine that someone you care about came to you with exactly the same thought. What would you say to them? Would you be as certain, critical or unforgiving towards them as you are towards yourself? Write down the response you would offer them and consider whether you can offer yourself the same kindness.



WWW.LEOWELLBEINGCOLLECTIVE.CO.UK

Mindfulness is a skill that can be developed with practice, one small moment at a time. We hope this booklet has given you some simple tools to explore and return to whenever you need them.

For more wellbeing resources, support and information about what we offer, visit our website.