Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Everyday Mindfulness: Managing Your Mind

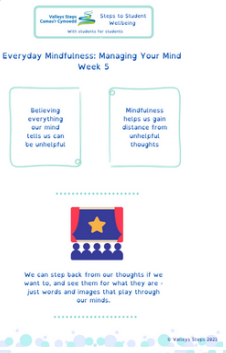
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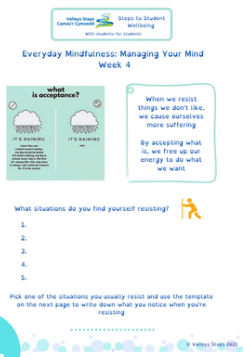
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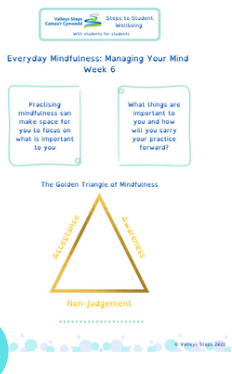
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4



6



Reflecting on your experience

What did I learn?

What stood out for me?

How can I use these skills?

What's next?

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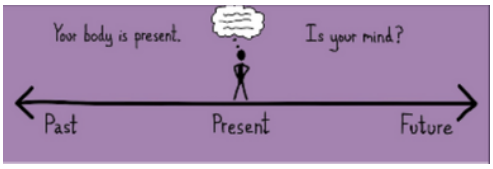
Everyday Mindfulness: Managing Your Mind

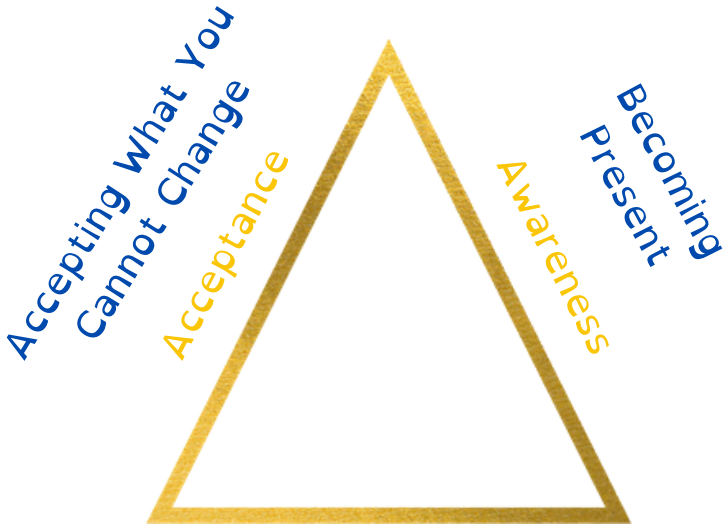
Paying attention

On purpose

In the present moment

To things as they are





Non-Judgement

Dealing With Your Inner Critic

Values

What Matters To You?





> *The real meditation is how you live your life*
>
> *~ Jon Kabat-Zinn*

Don't forget to use your journal to help you!



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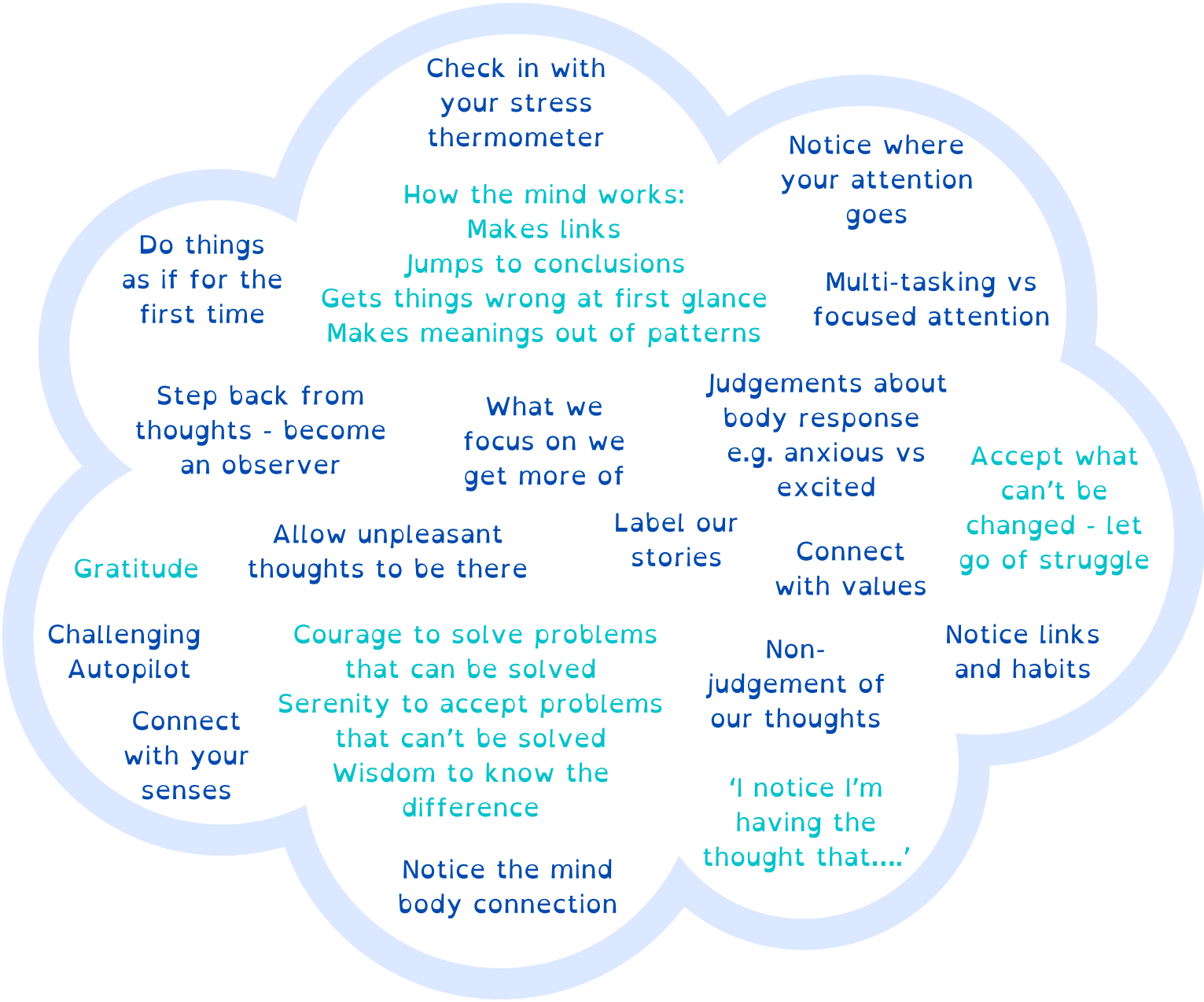
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Imagine you have a cloud where you can save the mindfulness skills you've learnt and 'download' them when needed



Here's an example, but you can draw your own cloud to help you, or save them in a note on your phone

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For our own learning and for job applications, it can be helpful to pick out key things from the course and think of an example where you have used them in your life

Try it below! Check the reminder of what we covered in the course to get you started...

What did I learn that was helpful?	Example of when and how I used this

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What did I learn that was helpful?	Example of when and how I used this
	
	
	

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A reminder of the practices we learnt over the six weeks

Practices We Learnt:

Body & Breath
Senses
Body Scan
Snack/Scent
Sound



Breathing Space
Movement
Thoughts
Gratitude
Befriending

Everyday Mindfulness:

Hand washing
Eating
Cleaning Teeth
Walking
Listening
Noticing



Which were most helpful and why?

How can I use these in my everday life?

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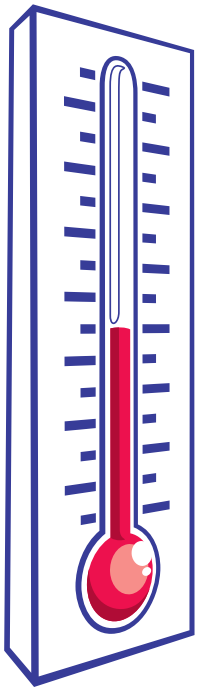
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What have I noticed in my life since practising mindfulness?



What can I use to help me when I'm feeling stressed?

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