Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

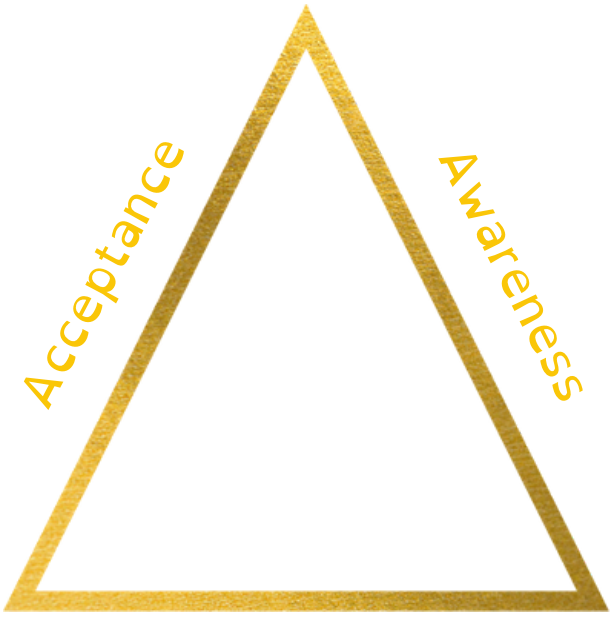
With students for students

Everyday Mindfulness: Managing Your Mind
Week 6

Practising mindfulness can make space for you to focus on what is important to you

What things are important to you and how will you carry your practice forward?

The Golden Triangle of Mindfulness



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Here are 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

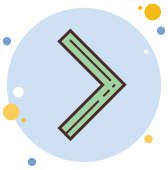




Which practices did you like?
Did you have a favourite?

Which practices did you find difficult?





Which practices do you want to carry forward?

Using the next page, write down what practices you want to carry forward and when you will do them

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Make a plan

Day	Practice	When?	Done?
Mon	E.g. Befriending	E.g. After breakfast	E.g. Yes ✓
Tues			
Weds			
Thurs			
Fri			
Sat			
Sun			

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Values help us find meaning and purpose.

When we live our life guided by our values we can find joy, meaning and fulfilment, even when going through difficult times

Working out what our values are can take a lot of thought. Use these questions to guide you and write down your thoughts



What is important to you?



What do you want your life to be about?

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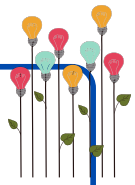
What sort of person do you want to be?



What sort of relationships do you want to build?



If you weren't struggling with fears or avoiding feelings, what would you channel your energy into?



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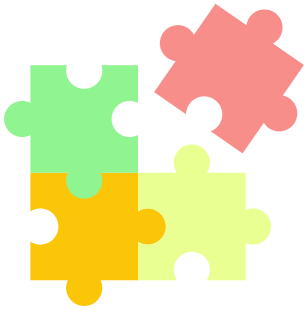
Our values and goals aren't set in stone, they can change





A journey of a thousand miles begins with one step
~ Lao Tzu

ACT to live a meaningful life



A = Accept your thoughts and feelings and be present

C = Connect with your values

T = Take effective action

REMEMBER!

You can download practices from our website
www.valleyssteps.org/student-mindfulness/

Use the Mindfulness Journal to keep track of what you've done

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