



## Everyday Mindfulness: Managing Your Mind Week 2

Awareness  
helps us  
recognise the  
links our brain  
makes and our  
thinking habits

We can then  
decide if  
these are  
helpful or  
unhelpful for  
us

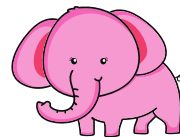
Our mind likes to make links to help  
us make sense of the world



It also jumps to conclusions, making things up to fill in the  
gaps and looks for patterns even if there are none



We can't control what thoughts  
come into our mind...



....but we can tell it to do  
some things





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We can become aware of our habits and challenge our autopilot by doing something different just for fun



Some examples are:

- Sit in a different chair (at home, work or in class)
- Take a different route to normal



- Choose a different show to watch
- Order something different from the cafe / takeaway

You can write about what you did differently in your Mindfulness Journal!



Download Body Scan from our website  
[www.valleyssteps.org/student-mindfulness/](http://www.valleyssteps.org/student-mindfulness/)



Start becoming aware of your stress thermometer.  
Use the template on the next sheet to help you

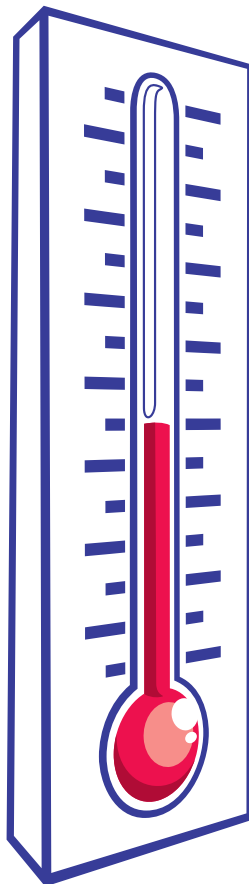


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Mark an X on the thermometer to show where  
your stress response is. Is it high or low?

When did you notice?

Where were you?



Who were you with?

What happened?

Any other notes?