

# Mindfulness and Wellbeing

**Exercises and activities to deal with anxiety.**

**Mindfulness can take many forms.**

**Here are some Mindfulness exercises ranging from breathing, colouring and other activities, that can help you when you are stressed...**

# Mindfulness

Paying attention to your breathing is a quick and easy mindfulness technique.

Focus Breathing is a quick and easy mindfulness technique.

It can help you calm your mind, relax and focus your attention to whatever it is you're doing right now... and enjoy the moment!

This is a great technique to build into your everyday life to connect with your breathing, your mind and your body...and you'll feel great afterwards!



# Focus Breathing

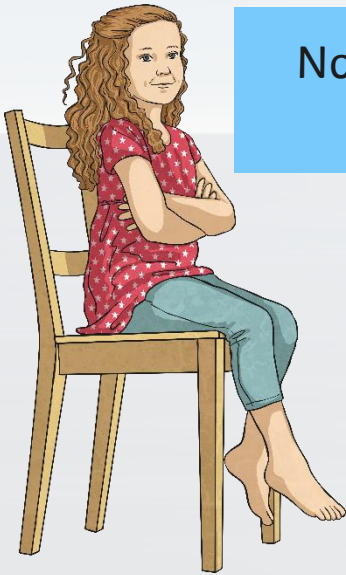
Make sure you are comfortable either sitting or standing in a quiet place if possible.

Close your eyes and take some slow deep breaths through your nose.

Concentrate on your breath flowing in and out of your body.

Notice how it is cooler when you breathe in and warmer when you breathe out.

Continue until you feel calm and relaxed.



# Activities you can do when you are anxious.

Here are some exercises that can help you when you are stressed...

**When I'm anxious, I can**



**make a plan**

**When I'm anxious, I can**



**pick a fidget toy**

**When I'm anxious, I can**



**do some yoga**

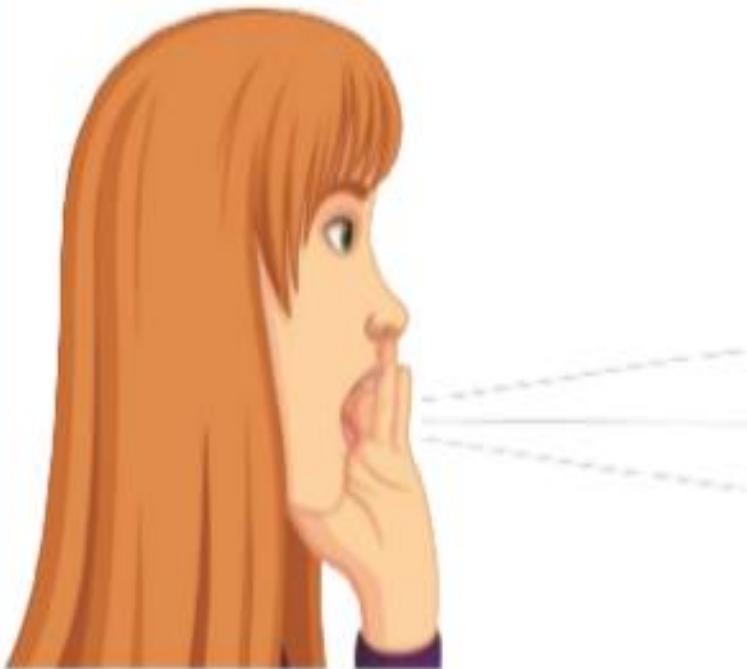
**When I'm anxious, I can**



**go for a run**



**When I'm anxious, I can**



**scream outside**

**When I'm anxious, I can**



**talk to a friend**



**When I'm anxious, I can**



**do some deep breathing**

**When I'm anxious, I can**



**draw**

**When I'm anxious, I can**



**listen to music**

**When I'm anxious, I can**



**do some colouring**

**When I'm anxious, I can**



**talk to an adult**

**When I'm anxious, I can**



**drink water**

# Mindful Colouring

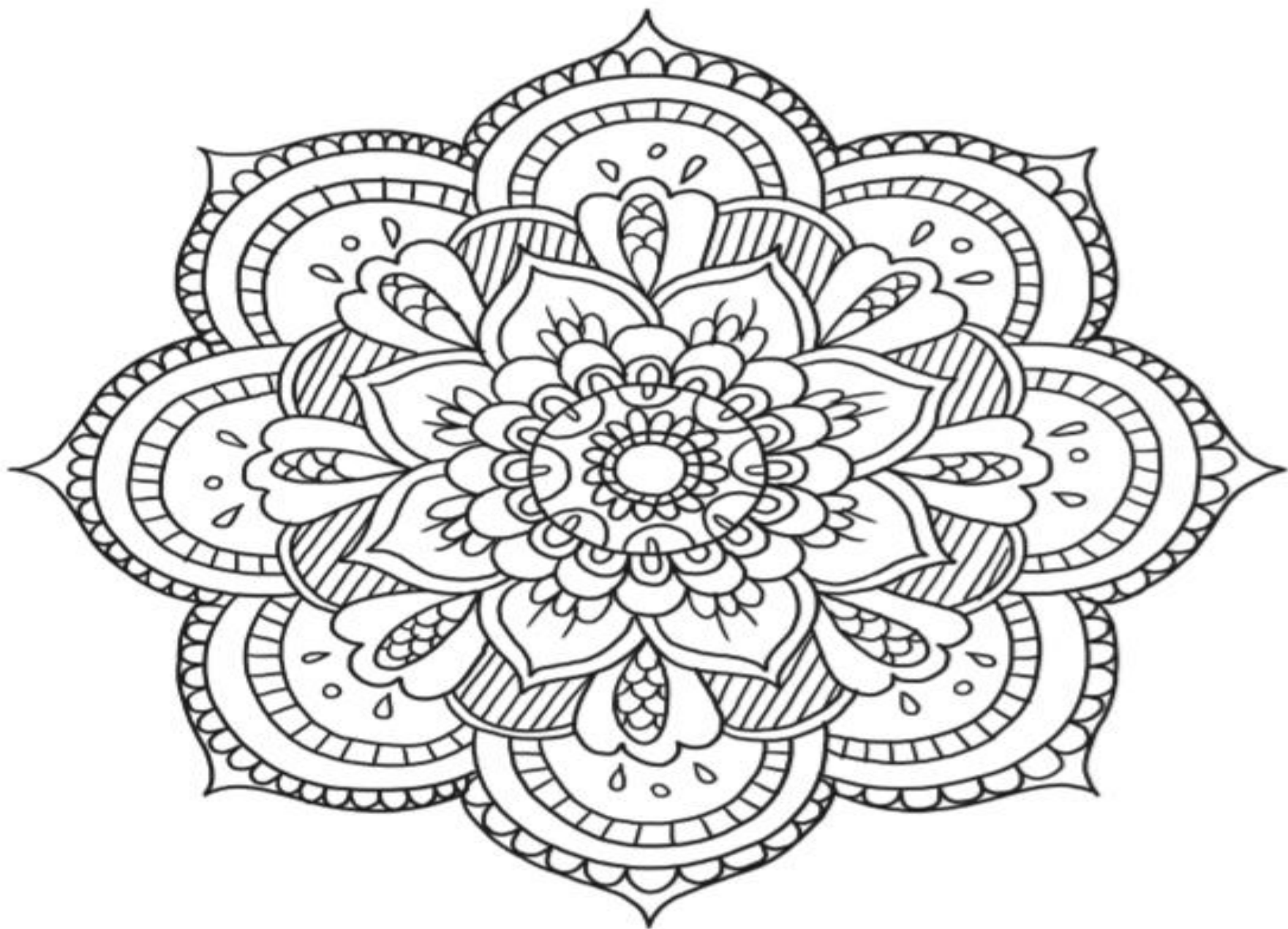
Mindful colouring can be very helpful...

Here are some patterns you could print and colour...

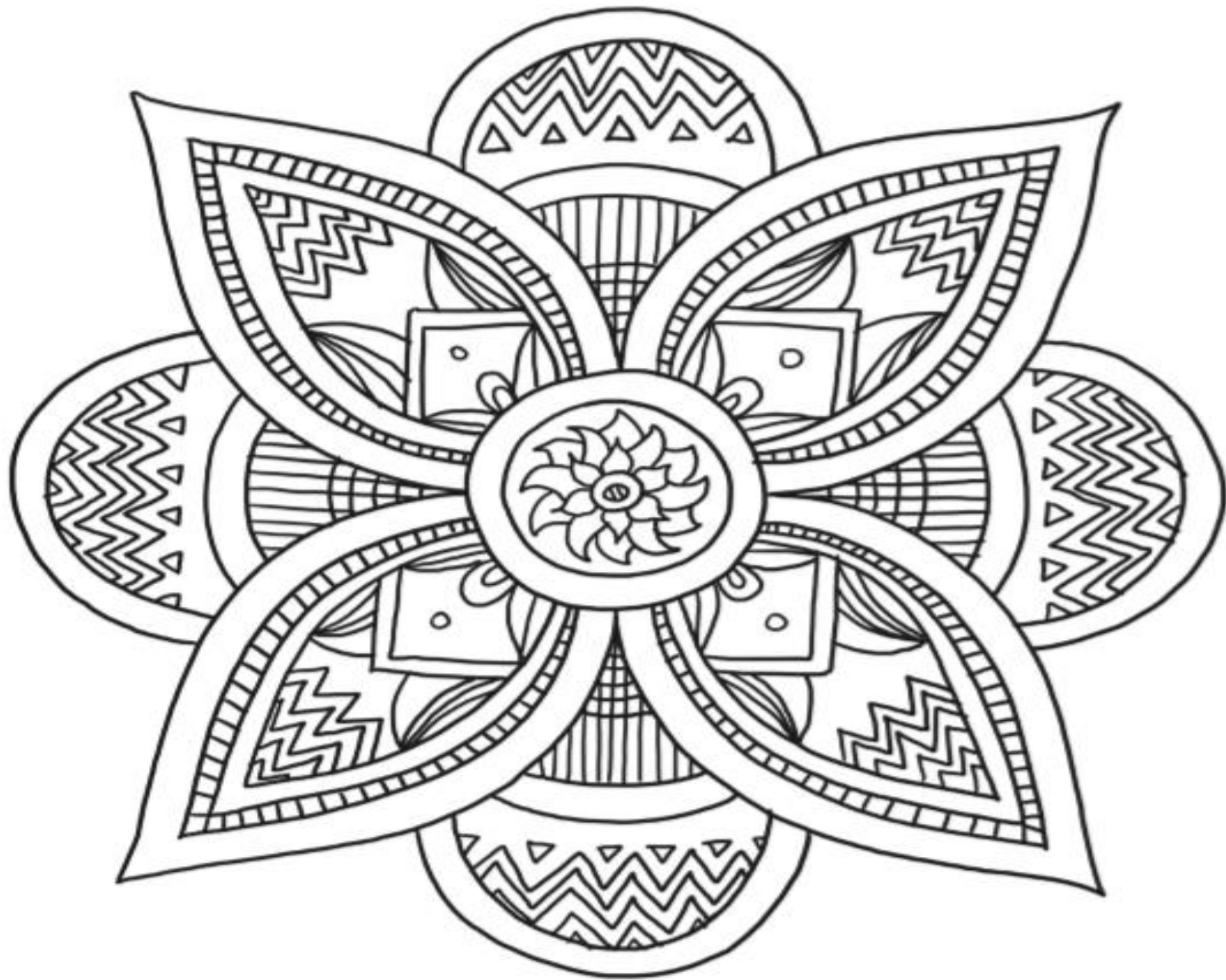


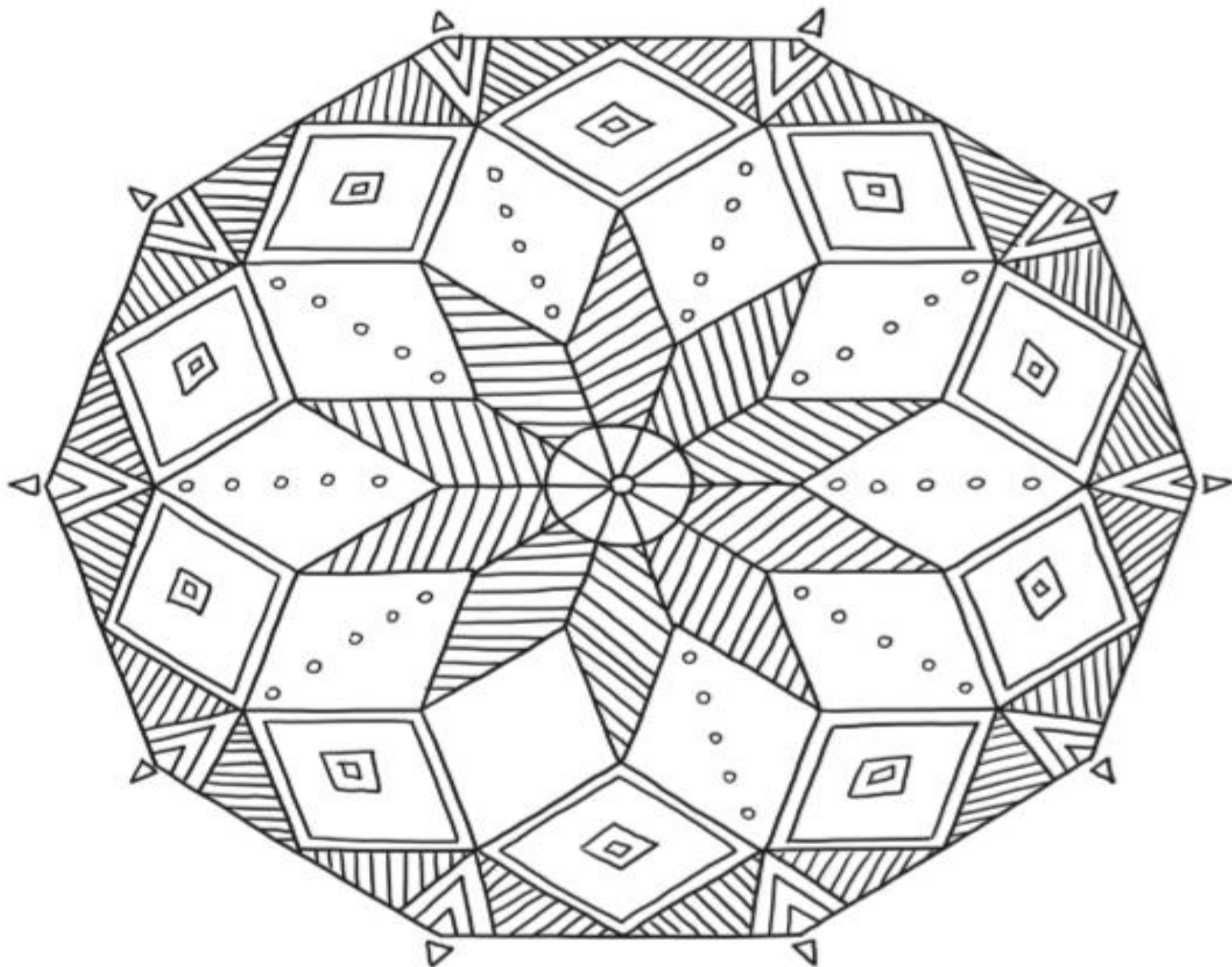















**"Even a cat is a lion  
in her own lair"**



**We could  
be heroes  
forever  
and ever**

- David Bowie