



# MINDFULNESS

RESILIENCE ENHANCEMENT  
PROGRAMME FOR STUDENTS

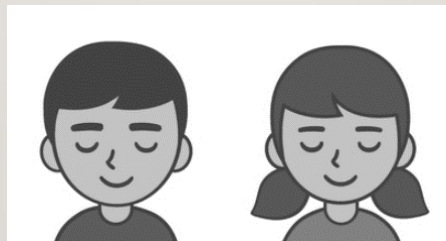


*"MINDFULNESS MEANS PAYING ATTENTION IN A PARTICULAR WAY; ON PURPOSE, IN THE PRESENT  
MOMENT, AND NONJUDGMENTALLY."*

-JON KABAT ZINN, FOUNDER OF MINDFULNESS-BASED STRESS REDUCTION (MBSR)

1

## GUIDED RELAXATION MEDITATION – 5 MINUTES



2

## How to Practice Mindfulness

mindful  
mindful.org

- 1** **Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2** **Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3** **Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4** **Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5** **Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6** **Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff

3

## Mindfulness exercise – 5 minutes

- Tune into the sensations of your body breathing and focus your attention on the feel of the breath coming in and out.
- When your mind wanders, notice, and gently guide attention back to the breath
- But don't judge – if you think you are doing it 'well' or 'badly', you probably aren't doing it at all
- One option that you can try is counting your breaths. If you lose the count, start at 1. See how high you can get. But don't judge yourself for what number you get to.

4



## Breakout Rooms

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5 MIN CHAT ABOUT YOUR EXPERIENCES

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## PRACTICE FOR THIS WEEK

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- Practice mindfulness exercise or guided relaxation meditation for 5-20 minutes daily for lasting positive results



6

## MINDFULNESS MUSIC ON YOUTUBE

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1. <https://www.youtube.com/watch?v=fm20ttfF2o0>
2. <https://www.youtube.com/watch?v=IMPRbX7ACh8>
3. <https://www.youtube.com/watch?v=2OEL4PIRz04&t=3738s>
4. <https://www.youtube.com/watch?v=tSbM2r5FJHc&t=6661s>
5. <https://www.youtube.com/watch?v=hC3nLRwQAww>

7

## EXERCISE AND MINDFULNESS

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- Exercise provides a way of being mindful - attention is usually in the present moment
- Time outdoors has also been shown to effect health positively
- So...exercise supports both physical health and brings the benefits of mindfulness



8

**ANY QUESTIONS?**

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