

HUNTINGTON HEADSPACE

Remember to complete
your mood tracker!

MINDFUL MOMENTS

Brilliant things
happen in calm
minds. Be calm.
You're brilliant.

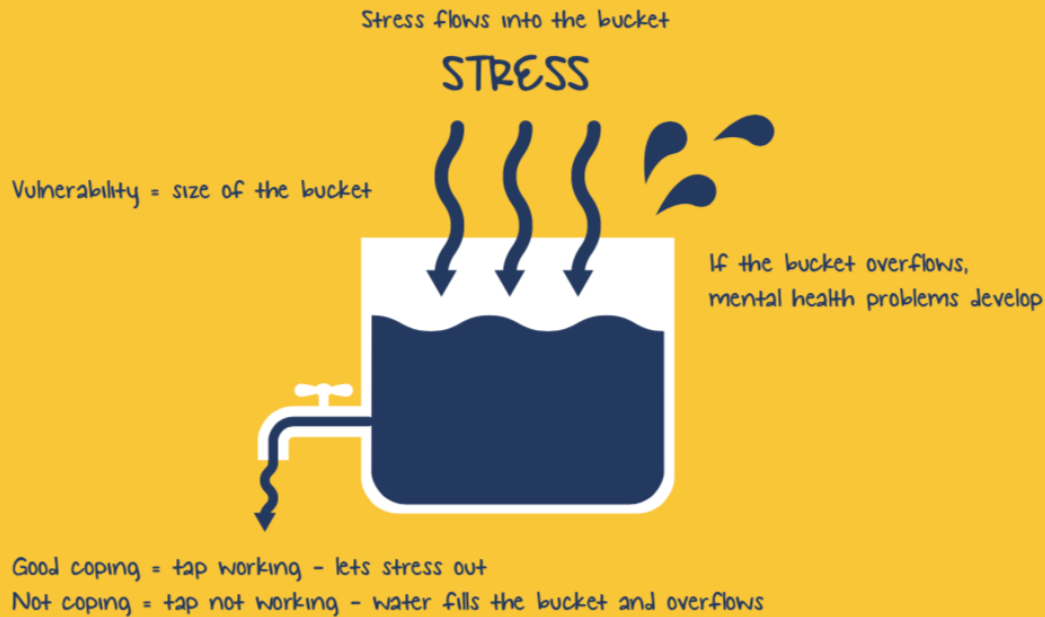


WEEK 1

Stress bucket



How to manage stress - stress bucket model



*source: Brabon & Turkington 2002

Mind in Hampshire

UpSkill
people

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Remember that stress is a **NORMAL** part of life

We all suffer from stress!

Remember that we all feel stress differently, and different things will cause different stress... what might cause **ME** stress, won't cause **YOU** stress, and vice versa!



What goes into your stress bucket?

What helps you empty your stress bucket?



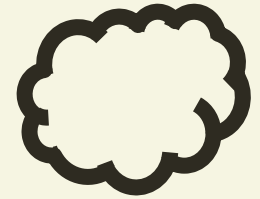
Give the mind the
time it needs to
unfold, unwind,
and let go.



WEEK 2

Coping strategies

Following on from last week's stress bucket exercise, let's think of some **coping strategies** to cope with **stress and low mood**.



Coping clouds display: produce a small display in tutor room full of ideas to help cope with anxiety and low mood





**“No matter how
fast life is moving
around us, there is
always a place of
stillness inside.”**

WEEK 3

Daily routine

DAILY ROUTINE

It is natural to have feelings of helplessness and uncertainty, especially at a time when things are constantly changing.

This makes it even more important to feel like what we say or do matters, and that our actions make a difference.

Self-efficiency is the belief that we can make a difference and have strengths we can draw on in times of challenge. By taking care of yourself, you are able to cope better with stress or other feelings that you may experience. A simple way to start doing this is by thinking about activities we can do every day that make our mind and body feel calm and happy.

It's so important we fill our lives with things we love! Here's a space to think about what lunch time and after school clubs you could get involved with to balance out your school work.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch time club					
After school					

Complete your own daily routine

Remember to factor in time to get your school work done, but to also spend time with family and friends and partake in some hobbies that make you happy

Extra: what does a good morning routine look like for you? What about a night time routine?

“
FROM MY MEDITATION TODAY

Meditation isn't about getting rid of your thoughts. It's about learning how to be at ease with them.

HEADSPACE®

WEEK 4

Mindfulness

MINDFULNESS

Mindfulness is all about being really aware of ourselves, what we see, hear, taste, smell, etc.

It's a skill that helps us cope with big emotions and challenging experiences and, just like a muscle, it's something we can all build with practice.

8 SIGNIFICANT EVENTS IN THE HISTORY OF MINDFULNESS

1500 BCE

The ancient roots of mindfulness can be traced back to Hindu yoga disciplines in India.

500s BCE

Mindfulness is embedded in the Buddha's teachings in Northeast India and continues to spread across Asia for centuries.

1880s

Thomas William Rhys Davids, a British scholar and magistrate in what is now Sri Lanka, roughly translates the Pali word *sati* into English as mindfulness.

1960s–1970s

Asian spiritual traditions and disciplines gain popularity in the U.S. as air travel accelerates immigration and cultural cross-pollination.

1975

Vietnamese Buddhist monk, Thich Nhat Hanh, publishes *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*, an attainable guide to mindfulness methods.

1990s

Mindfulness-Based Cognitive Therapy is developed, fusing mindfulness practices with cognitive therapy to treat mood disorders (with a MBCT manual published in 2002).

2000s

A rapidly growing volume of scientific research and institutional adoption of mindfulness practices validate its efficacy and increase its popularity.

2020

Mindfulness holds massive mainstream appeal across medicine, psychology, and general wellness spaces, particularly in North America.



Anxiety Busting!

The next time your mind is stuck on anxiety and worry, try the following simple exercise!

Look around you and notice:



5 things you can see: Your hands, the sky, a plant.



4 things you can feel: Feet on the ground, the chair.



3 things you can hear: Birds chirping, your breath.



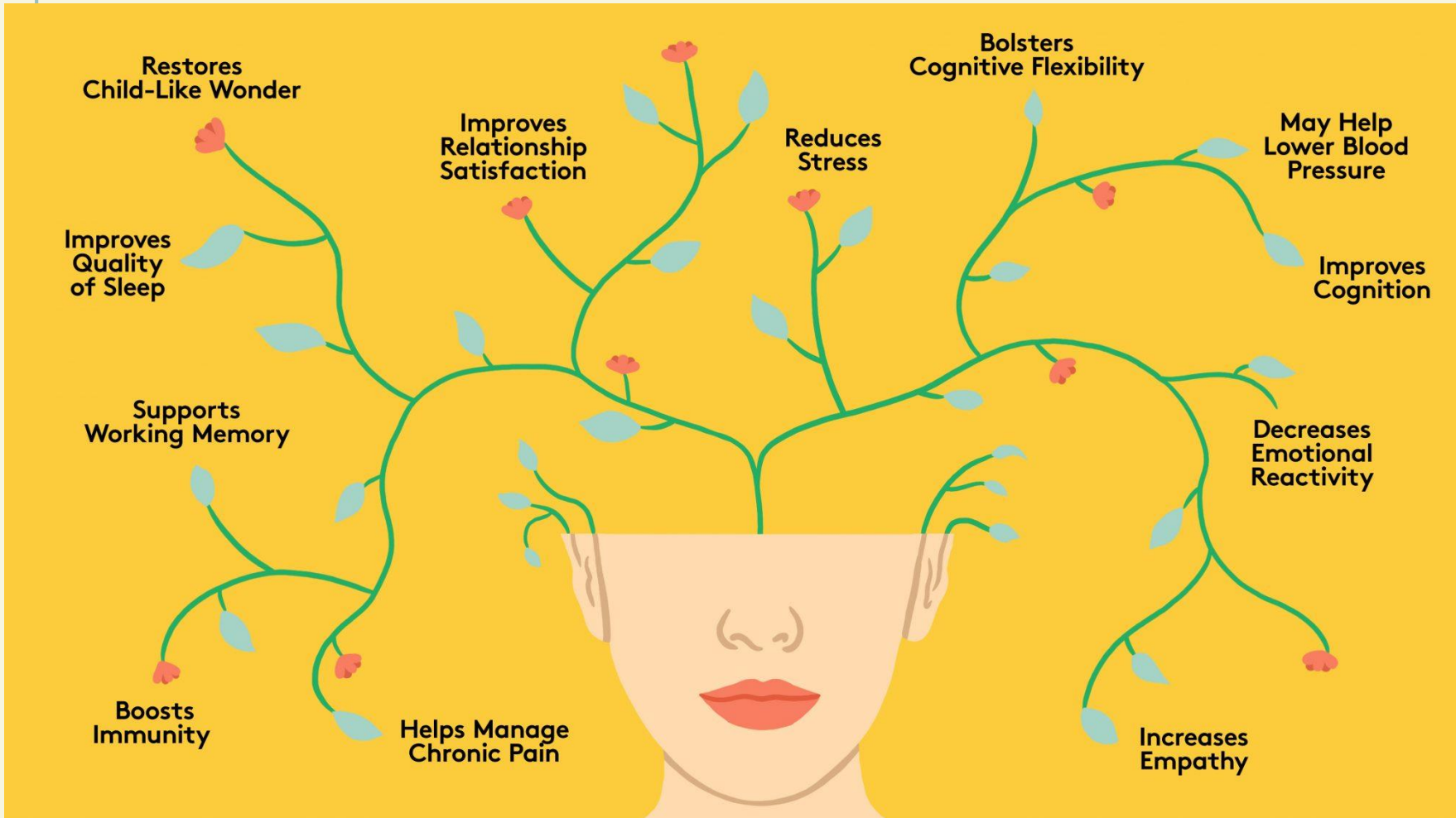
2 things you can smell: Coffee, your lunch, clothes.



1 thing you can taste: A mint, gum, the fresh air.

FIND YOUR IDEAL THERAPIST ON [ZENCARE.CO](https://zencare.co)

 [ZENCARE.CO](https://zencare.co)



Try it yourself





“Be present,
be patient, be
gentle, be kind.
Everything else will
take care of itself.”

- ANON



WEEK 5

Random Acts of Kindness



Kindness pledge!

5 things you will do to be **KIND** this
week



**CELEBRATE
THE
GOOD.♥**

**make
kindness
the norm.**

**GIVE
RESPECT. ♡
RECEIVE
RESPECT. ♡**

make
kindness
the norm.

RANDOM ACT OF KINDNESS AWARD

This award honors

for making kindness the norm.

Authorized Signature

Date

make
kindness
the norm.®



RANDOM ACTS OF KINDNESS
FOUNDATION

TAG! YOU'RE IT!

Someone did a kind act just for you and left this card.
Now it's your turn to pay the kindness forward!



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make kindness the norm.

SAY ONLY POSITIVE THINGS TAKE SOME TIME FOR YOURSELF

BE CONFIDENT LEAVE A POSITIVE HANDWRITTEN NOTE FOR A COWORKER START USING A REUSABLE WATER BOTTLE

LOVE YOURSELF DON'T COMPLAIN FOR 24 HOURS TAKE A DEEP BREATH

REMAIN TRUE OFFER TO HELP **SMILE**
TO YOUR WORD SOMEONE IN NEED

ASK A COWORKER HOW THEY ARE DOING (AND REALLY LISTEN TO THEIR ANSWER)

COMPLIMENT SOMEONE TRY TO BE TRULY PRESENT WITH OTHERS **PRACTICE PATIENCE**

LEAVE NOTES WITH POSITIVE MESSAGES AROUND THE OFFICE OFFER A LISTENING EAR TO SOMEONE WHO IS STRUGGLING

BELIEVE IN YOURSELF

FIND A DIFFERENT AREA IN YOUR OFFICE TO WORK FROM

STAND UP FOR A COLLEAGUE SHARE SOME GOOD ADVICE

TIDY UP THE SHARED KITCHEN AREA LIST 5 OF YOUR STRENGTHS **BE GRATEFUL**

ASSUME THE BEST IN EVERYONE TREAT A COWORKER TO COFFEE FOLLOW A 10-MINUTE STRETCHING ROUTINE

EXERCISE SHOW ENTHUSIASM ABOUT WHAT YOU DO MAKE SURE EVERYONE IS INCLUDED

GIVE SOMEONE YOUR VOTE OF CONFIDENCE

OWN UP TO A MISTAKE YOU'VE MADE TAKE TIME TO LISTEN TO SOMEONE ELSE'S IDEAS

TAKE A WALK DURING YOUR LUNCH BREAK RELAY AN OVERHEARD COMPLIMENT TO SOMEONE RESPOND TO EMAILS IN A TIMELY FASHION

START AND END THE DAY WITH POSITIVE INTENTIONS INTRODUCE YOURSELF TO SOMEONE NEW AT THE OFFICE

COMPLETE A TASK YOU'VE BEEN PUTTING OFF EXPLORE A NEW PLACE FOR LUNCH GIVE A CUSTOMER A BIG SMILE PICK UP LITTER

BE INCLUSIVE OF OTHERS

Andy on

CREATIVITY

.....

Regardless of whether we consider our *creative talent* to be great or small, as long as it might benefit others, it deserves to go beyond the realm of thought.



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WEEK 6

Creativity

MEDITATIVE COLOURING

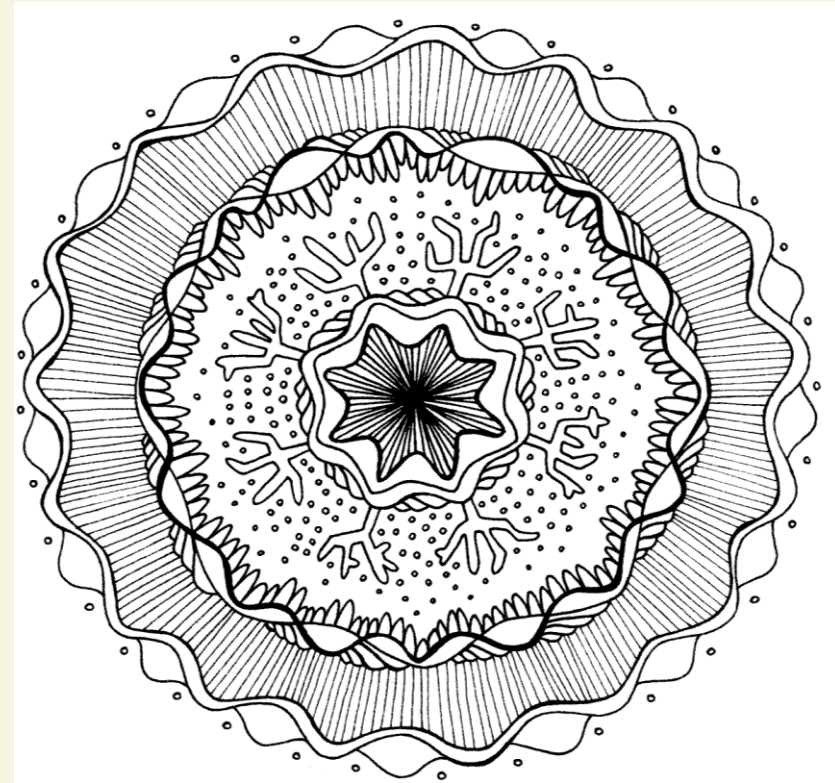
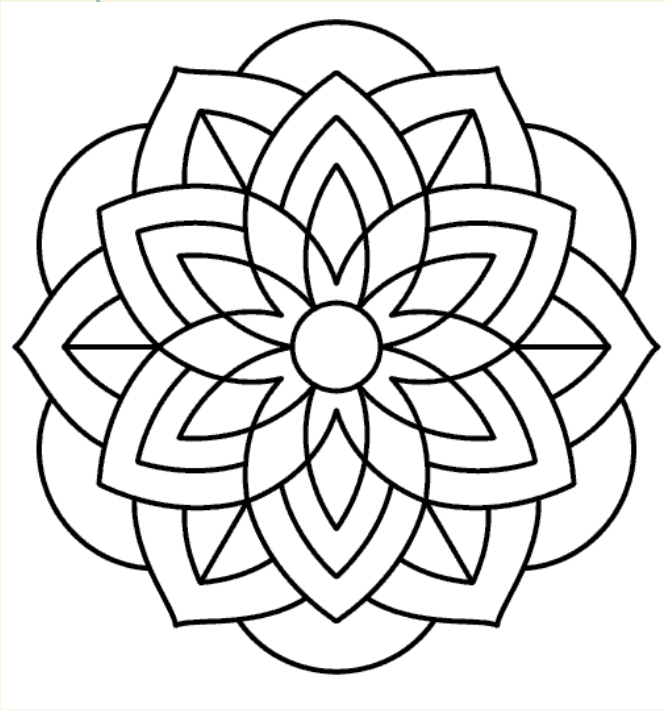
A mandala is a spiritual symbol in Buddhism and Hinduism. It is a symbolic representation of the universe with an inner and outer world.

The word mandala comes from Sanskrit, an ancient Indian language. Mandala literally means 'circle'.

Mandalas are usually circular geometric patterns.

Some people find the drawing and colouring of a mandala as a form of meditation.

As you focus on colouring in the patterns of the form, you relax and your mind grows quiet and you may enter a spiritual space.



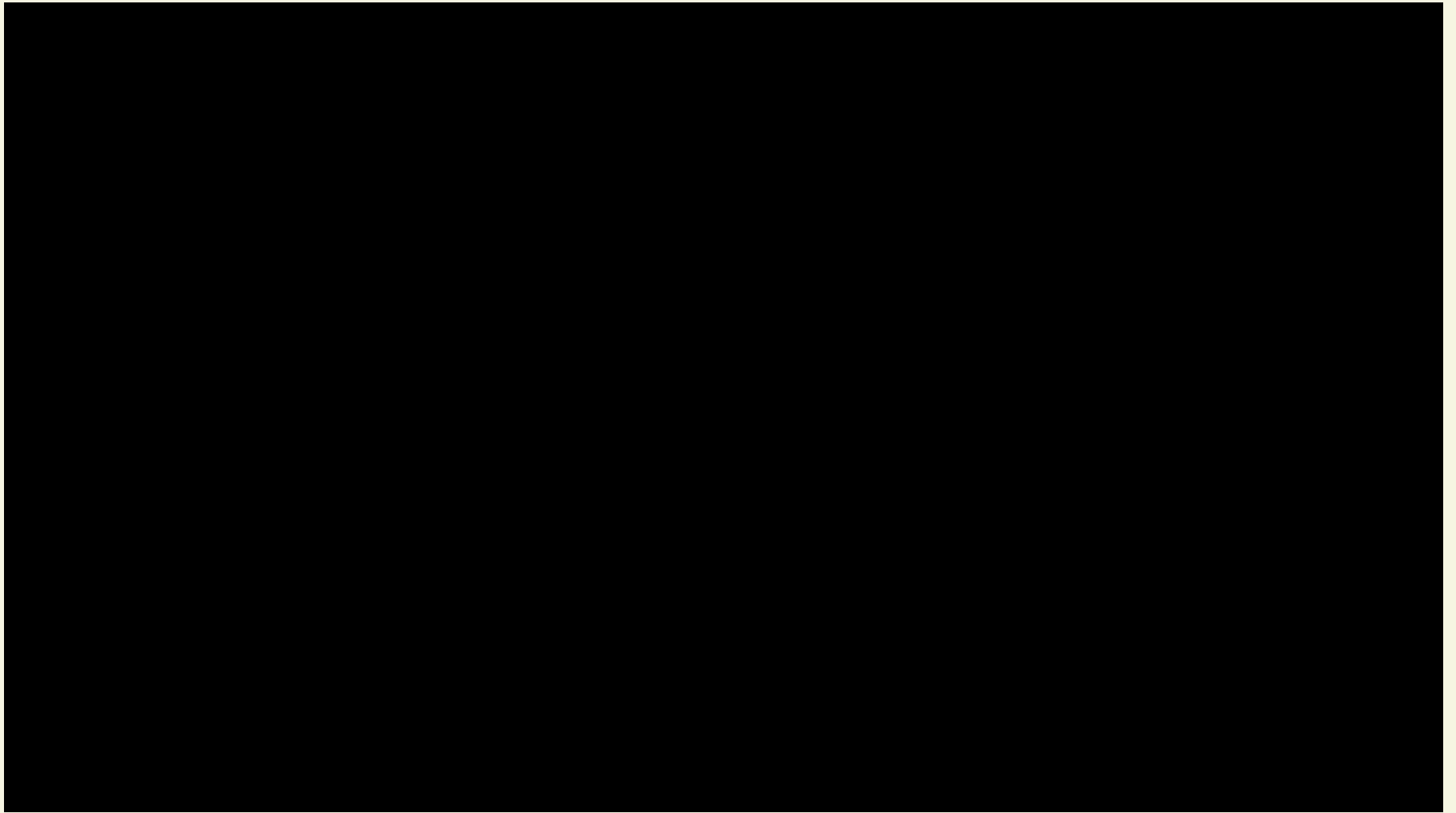
FROM MY MEDITATION TODAY

There's always a chance of clouds, but the idea of the blue sky will help things feel a little bit lighter.

 HEADSPACE

WEEK 7

Food and mood and exercise



HOW CAN PHYSICAL ACTIVITY HELP MY MENTAL HEALTH?

Better sleep- making you feel more tired at the end of the day

Happier moods- exercise releases feel-good hormones that make you feel better in yourself and give you more energy

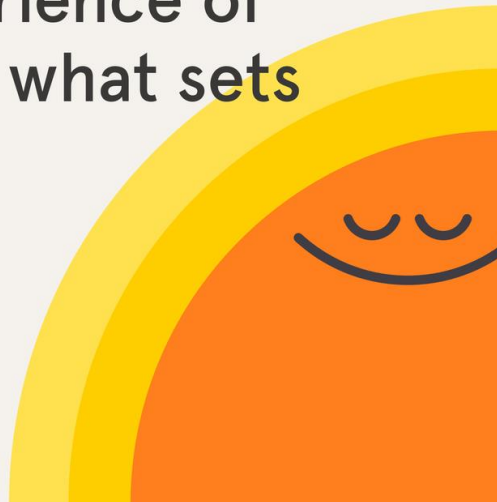
Managing stress and anxiety- doing something physical releases cortisol which helps manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times

Better self esteem- being more active can make you feel better about yourself as you improve and meet your goals

Reducing the risk of depression- studies have shown that doing regular physical activity can reduce the likelihood of experiencing depression

Connecting with people- doing group or team activities can help you meet new and likeminded people, and make new friends

Everything changes,
nothing stays the same.
This can feel
overwhelming, but the
direct experience of
this truth is what sets
us free.



WEEK 8

Achievements



WEEK 9

Blank week for students/
tutor to choose from the 8
weeks of HH