

MINDFULNESS AND MENTAL HEALTH AT ARDEN

Mindfulness is the act of being in the present; not thinking about the past, not worrying about the future. Through Mindfulness, we can see things with greater clarity. Mindfulness helps to build acceptance and emotional resilience.



WHY DO WE NEED MINDFULNESS?

- Imagine this jar is your brain – sometimes it gets shaken up and all the water and grains of sand and pebbles get mixed up and confused.
- This happens when we are upset, angry or overloaded.
- It needs time to settle so that you can separate the thoughts and see them for what they really are.
- The pebbles might be important things that need attention, the grains of sand might be less important and the water might just be distractions that don't need attention.
- Mindfulness can help the brain to settle and separate the thoughts.



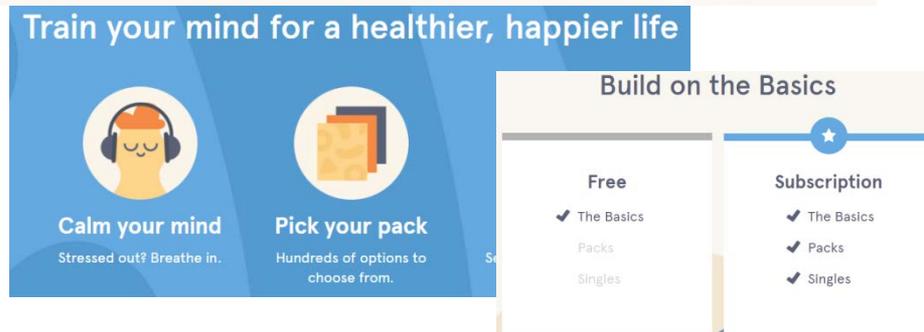
THROUGH MINDFULNESS WE CAN SEE THINGS CLEARLY FOR WHAT OR HOW THEY REALLY ARE.

- Mindfulness is personal to every individual.
- Some people may find it helps them to focus on their breathing.
- Others may enjoy visualisation exercises.
- Some people enjoy meditation.
- For some people, they may need to be more physical, for example, practising shooting footballs into a goal.
- It doesn't matter how you are mindful, just that you are focused on the present moment.



HOW CAN WE HELP?

- You may already have been told by Pastoral staff about the HEADSPACE App
- A number of pupils have permission to use this App in school at breaks and lunchtimes. In the pastoral offices.



KS4

- Mindfulness sessions take place in school with Miss Potter – access to these requires a six week invitation from your Head of Year. If you think you need some help managing anxiety or exam related stress, please let Miss Berry or Mr Reed know.
- Resilience training – we will shortly be contacting the parents of pupils we think would benefit from some support in responding to challenging emotional situations.
- Physical mindfulness – watch this space for news – only invited participants will be included. In the meantime, join a club where you can focus on physical activity at lunchtimes.

