

Looking after your wellbeing from **Day One**



My Mindful Journey

Sometimes, when we are experiencing difficult emotions, such as feeling stressed or overwhelmed, it can be helpful to pause and make time to tune into the world around us.

A mindful journey can support you to refocus by turning your attention to the here and now.

- **Find a safe place to begin your mindful journey e.g. your garden, local high street or even just looking out of a window at home**
- **Take a few deep breaths and try to be present in the moment**
- **Use the activity sheet below to guide you through your journey**
- **When your journey comes to an end, pause and take a few deep breaths. Reflect on what you experienced and how you are feeling**

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My Mindful Journey Activity Sheet



What can you touch?

Reach out and explore what's around you. Are there different textures? E.g. a rough brick wall, the inside of your pocket, foliage or plants. Are there different temperatures? Is the breeze cold? Is the sun warm?

What can you hear?

Listen for big and small sounds. What can you hear close by? Are there insects buzzing? What can you hear further away? Can you hear traffic noises or distant radios?

What can you smell?

Notice the smells around you. Is it sweet? Is it floral? Is it unpleasant? Does it remind you of anything?

What can you see?

Look in different directions and to different distances. Can you spot any animals, flowers or insects? What do the clouds look like? How many colours can you see? Are there changes in light, shadows or reflections?

Focus on you

Notice your breathing. Think about its rhythm, intensity and depth. How is your body feeling? Is it achy, heavy or energetic? Think about the speed and pressure you are moving with. Is it fast, slow, heavy or light?

