

	<p>Whitburn Church of England Academy</p> <p><b>Subject: Mindfulness and Wellbeing</b></p> <p>This can be an anxious time for everyone and so it is important to try to look after your wellbeing. These techniques could be useful to you if you have studied the .b course at school but they could equally be useful if you have done no mindfulness before.</p>
	<p>Some Useful Techniques:</p>
<p>1</p>	<p>If you have studied part of the .b course that we follow at school then remember you can use all of the resources/ practices by going onto <a href="http://www.dotbe.org">www.dotbe.org</a> and putting in the password you have in your planner. Watch the animations and do some of the home practices. They could prove very useful to help maintain some calmness.</p>
<p>2</p>	<p><b><u>Sense of Touch</u></b></p> <p>You can use your sense of touch in a soothing way. People sometimes use worry beads to pass between their fingers to focus the mind and reduce anxiety. You could do the same with two stones from the garden. Remember to wash the stones and your hands first, but then you can pass them slowly from hand to hand feeling the surface and trying to be rhythmic in your actions. If you have no stones then try shells or marbles.</p>
<p>3</p>	<p><b><u>Finger-Breathing</u></b></p> <p>This is a favourite from the .b course but anyone can do it to induce a sense of calm and mindfulness. Sit comfortably and with the forefinger of one hand stroke upwards from the base of the thumb to the tip, breathing in. As you breathe out then stroke your finger down the other side of your thumb. Continue this motion up and down all of your fingers, breathing in as you stroke towards the tip of each finger and breathing out as you stroke down each finger. The trick is not to change your breathing but to move your finger as fast as you breathe. You can continue this for as long as you wish, really concentrating on your breathing. The feeling of your finger against your skin acts as a comforting sensation as well.</p>
<p>4</p>	<p><b><u>The Chocolate Meditation</u></b></p> <p>Choose some chocolate – Open the packet and inhale the aroma. Let it sweep over you. Break off a piece and look at it. Really let your eyes drink in what it looks like, every nook and cranny. Pop it in your mouth and see if it is possible to hold it on your tongue and let it melt. Chocolate has over 300 flavours. See if you can sense some of them. If your mind wanders just gently bring it back to the taste of the chocolate. After the chocolate has completely melted, swallow it slowly and deliberately. Repeat with the next piece. Notice how you feel, did the chocolate taste better?</p>