



Us Plus Mental Health and Wellbeing Bulletin 2

Hello everyone,

As part of our support for positive mental health and wellbeing at Penrice (and in life) you are going to spend one registration per week exploring various aspects of mental health and strategies you can use to support your own mental health and wellbeing.

Mindfulness is an amazing way to help you find peace of mind and calm anxious thoughts. Practicing this in class can feel a little awkward and silly – its ok to feel like that although the more you practice the less you will feel this way! The information in this bulletin should help you understand why mindfulness is important any may help you feel a little less self-conscious when we practice in class.

Mrs Taylor



Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment — free from distraction or judgment,

and aware of our thoughts and feelings without getting caught up in them. We train in this moment-to-moment awareness through meditation, allowing us to build the skill of mindfulness so that we can then apply it to everyday life. In teaching the mind to be present, we are teaching ourselves to be and to live more mindfully — in the present, taking a breath, not beholden to reactive thoughts and feelings — which is particularly helpful when faced with challenging circumstances or difficult situations.

The following links take you to websites that can help you practice mindfulness:

Mindful Gants -

<https://apps.apple.com/gb/app/mindful-gnats/id973919092>

Smiling Mind -

<https://www.smilingmind.com.au/>

Superbetter -

https://www.superbetter.com/how_it_works

There are lots of other apps, including Headspace and Calm (both of which are currently offering a lot of free content) – maybe you use one not mentioned hereif you do please share it with me and I can share it with everyone in a future bulletin.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing me at ktaylor@penrice.org.uk

