

A Guide for Children and Young People

Looking after your emotional wellbeing : Mindfulness

Developed by the Croydon Mental health Support Team



a) Try some breathing, mindfulness And grounding exercises to help you relax, such as:

Progressive muscle relaxation:

- Tense muscles slowly whilst taking a deep breath through your nose
- Hold both muscles and breath for 5 sec, and then breath slowly out through mouth while releasing muscle tension in your feet
- Repeat with a different body part
- Focus on key tension spots e.g. neck, jaw, legs





Are you **OK**
south west
London?

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Grounding

Helps you focus on what is going on around you and where you are rather than focusing on the body sensation or what you are thinking.

Grounding Exercise

*For use during a panic attack,
when you need to stay calm,
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

- 5 things you **see**
- 4 things you **feel**
- 3 things you **hear**
- 2 things you **smell**
- 1 thing you **taste**



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a) Try some breathing, mindfulness And grounding exercises to help you relax, such as:

Mindfulness exercise:

Imagine you are looking out at a calm lake... Imagine you are throwing a pebble to the center of the lake... You are the pebble, feel the sensation as you float gently towards to bottom of the lake... Take notice of what is around you in the lake... Feel the smooth sand beneath you and the light touch of the water around you... Sit with this peaceful image... If your mind wanders to other things, gently bring it back...

- This helps teach you to bring your mind back to place of calm
- You can get better at this through practice
- This image can be used when you are beginning to see yourself moving into a state of anxiety

