

Mindfulness Information and Practices



If you're feeling extra anxiety these days due to the Covid-19 coronavirus, you're not alone. This pandemic has us all finding ourselves in rapidly changing circumstances and facing more stress and uncertainty than usual. Now more than ever, it is important to find ways to support ourselves and each other, keep connected, and find moments of calm.

For the vast majority of people mindfulness is safe and effective. It shifts us from our future thoughts and worries, and draws us towards our *present moment awareness*.

There are hundreds of resources on line for Mindfulness Practice, and you may already have your favorite Apps and YouTubes; Or you may be new to this whole idea, wondering what it is about and where to start.

The UK Mindfulness Association ([Mindfulness Association](#)) is offering these free resources for you. So find a few minutes, put on your headphones, and dip in.

[Short Mindfulness Practices](#) (YouTube) for tea break

[Longer Mindfulness Practices](#) (YouTube) for lunchtime

To use audio only, download the free app to be found on Google Play Store for Android users and the App Store for those using IOS devices. Simply type in the words: Mindfulness Based Living.

The Mindfulness Association are also running free daily online meditation sessions, from 7-8pm, If people would like to join these meditations, they can do so using the following link: <https://zoom.us/j/606060739>

Mindfulness does not take away difficult or fearful thoughts. It can help us manage these thoughts, including our ruminations about the past, and our fears about the future, by encouraging us to consider the moment we are in and reminding us we are more than just our thoughts.

If you have concerns around your mental health, do contact your GP or organisational health professional, talk to your line manager or union member, trusted colleagues, friends and family, and look out for other community service provisions and approaches for maintaining good mental health during this time.