



~~Blue~~ Monday

Blue Monday, **15th of January**, is known as the "saddest" day of the year but we can change that!

Please use this resource pack to explore and practice self-care and mindfulness strategies for better wellbeing.



MINDFULNESS

WHY IS MINDFULNESS IMPORTANT?

- Mindfulness helps us manage our emotions.
- It can help us to be calm and think about the feelings of others.
- It allows us to be kinder to ourselves.
- It improves our focus and observation skills.



4 WAYS TO PRACTICE MINDFULNESS

1

Floating Bubbles

2

Five Senses

3

Sunshine Fill Up

4

Belly Breathing

FLOATING BUBBLES

Get in a comfortable position and then close your eyes.

Imagine all the thoughts in your head are bubbles floating in front of
you.

Try noticing them without focusing on one particular thought.

Let your ideas and feelings float through the air.

FIVE SENSES

You can do this activity in your classroom, at home, or outside. Use your five senses to observe what is happening around you at this moment.

What are 5 things you can see?

What are 4 things you can hear?

What are 3 things you can feel?

What are 2 things you can smell?

What is 1 thing you can taste?



SUNSHINE FILL UP

You can do this activity while sitting or standing. Close your eyes.

Imagine warm, bright sunshine is slowly filling up your body.
Start at your toes and let it rise all the way up to the top of your head.

As it gets higher, notice any feelings you are having in your body.
This will help you focus on what is going on inside you.



BELLY BREATHING

While sitting, place your hands on your belly. Close your eyes and take a deep breath, in and out.

You can count your breaths or just imagine a place that makes you happy. Try to do this quietly for one minute.



REMEMBER

**Mindfulness
takes
practice**

At first, it may seem that your head is filled with thoughts or tricky feelings. It can be challenging to try and notice these without reacting to them.

When you are practicing mindfulness and you get distracted, try to bring your attention back to the present and your breath.

5 Ways to look after your wellbeing

EAT WELL

Eat nutritious foods to help your body function well



GET ENOUGH SLEEP

Good-quality sleep makes a big difference to how we feel mentally & physically.

CONNECT WITH OTHERS

Positive relationships are important for your mental wellbeing.



EXERCISE

Physical activity can boost your energy and improve your mental health

REDUCE STRESS WITH MEDITATION

Practice meditation to reduce stress.



MOST IMPORTANTLY, BE KIND TO YOURSELF!



SELF-CARE IDEAS

