

# MEDITATION & REFLECTION FOR WELLBEING COURSE

WELCOME

( space to  
breathe )



TODAY'S  
SESSION

The keys to self-care




Self-awareness



Grounding techniques



Finding your  
language



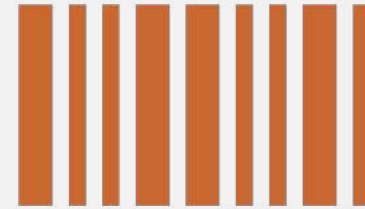
Handling stress and  
anxiety

# KEYS TO SELF-CARE

# ONLINE POLL WITH SLIDO



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Use the code #1139 223



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# Wellbeing made simple

Tools to help you flourish in every day life

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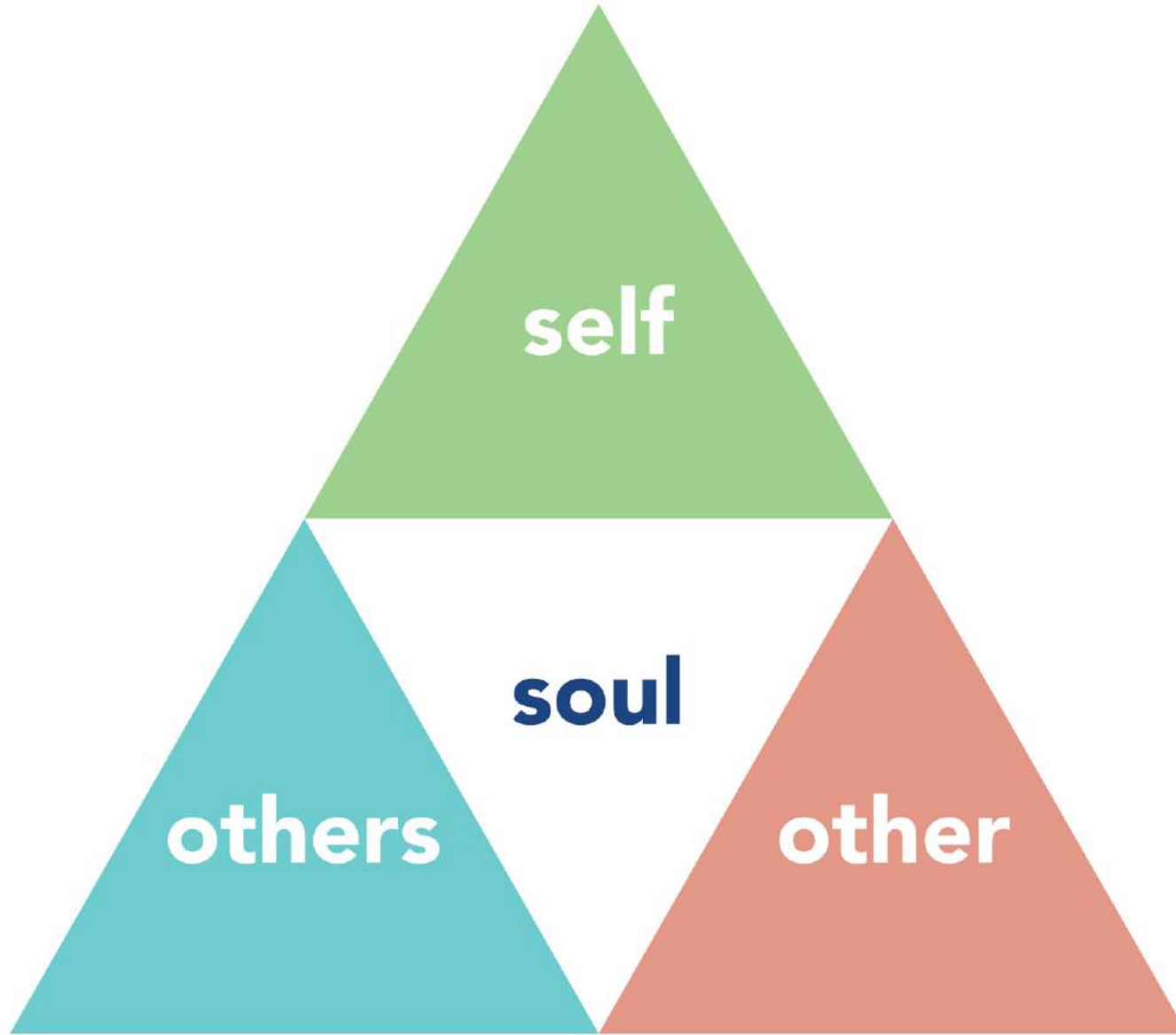
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# WELLBEING TRIANGLE



( space to  
breathe )



## SOUL

“it signals an interiority that permeates all exteriority, an invisibility that everywhere inhabits visibility”

Peterson 2005



# RESILIENCE

Resilience is a key factor in protecting and promoting good mental health and is defined as an individual's ability to successfully adapt to life tasks in the face of social disadvantage or highly adverse conditions.

(NHS website)



Optimal mental well-being

**Example:** a person who experiences a high level of mental well-being despite being diagnosed with a mental illness

**Example:** a person who has a high level of mental well-being and who has no mental illness

Maximum mental illness

**Example:** a person experiencing mental illness who has a low level of mental well-being

Minimum mental illness

**Example:** a person who has no diagnosable mental illness who has a low level of mental well-being

Minimal mental well-being

( space to  
breathe )



**SADACCA**

## Tackling Inequalities in Mental Health

**NHS**

Sheffield Health  
and Social Care  
NHS Foundation Trust

 Mind  
Sheffield

SHEFFIELD  
FLOURISH



**vas**  
supporting community action



  
No Panic Sheffield  
Helping people with anxiety

( space to  
breathe )

grow

FRINGE CENTRAL

# MENTAL HEALTH FIRST AID SESSIONS

Weekdays 9th August-19th August  
Sessions on the hour between 10am and 6pm  
at Fringe Central, on Level 1 St James Quarter  
*(between Superdrug and John Lewis)*

( space to  
breathe )



# PRINCIPLES

- The Wellbeing axis and Mental Health First Aid
- Building a toolkit for the whole of life
- Self-expression
- Finding a persons language (context)
- Resilience building
- Best done as proactive and preventative but can be used in restorative way
- Empowerment – people



FLOURISHING



SELF AWARENESS

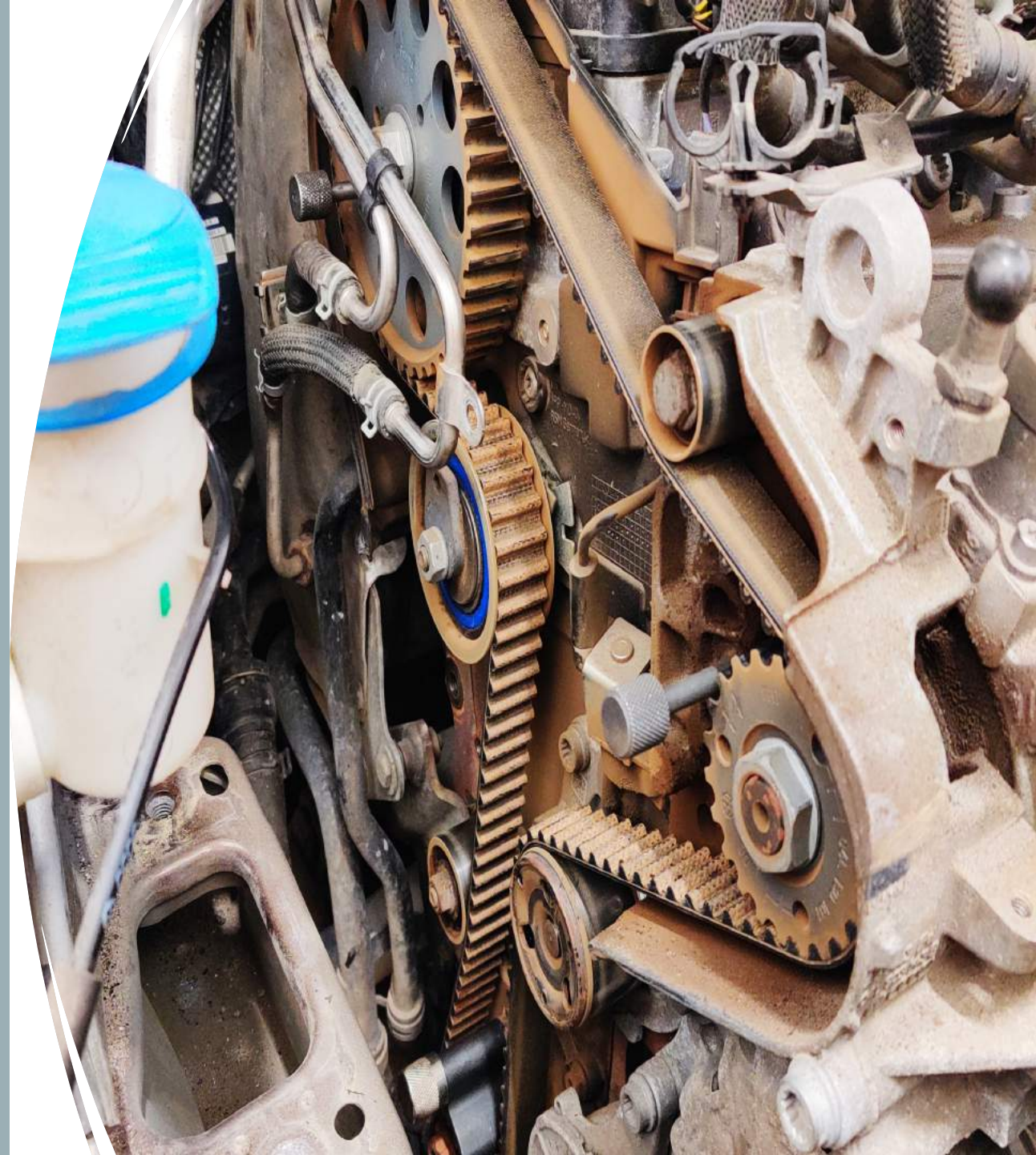
# UNDERSTANDING YOURSELF

How do you work?

How do you top up your oil or  
fuel?

How do you know when  
pressure is building up or  
when something isn't right?

Who do you ask to help you  
when something needs looking  
at?



“The curious paradox is that, when I **accept** myself as I am, then I can change.”

Therefore, looking at who we really are and knowing ourselves is the key to growing as a person



Carl Rogers





## QUESTIONS FOR YOUR TABLES

- What drains me?
- What gives me strength?

HOW ARE YOU TODAY?

- Weather
- Colour
- Food
- Animal





# Notice, Name and Accept







one





two



**three**







**four**



five







six

# GROUNDING TECHNIQUES



Technics

Ortofon

Ortofon V80

COLUMBIA





Breathe

(space to  
breathe)

# MEDITATION

- Being calm
- Filling my mind
- Being present

“meditation is like a gym in which you develop the powerful mental muscles of calm and insight”

# MINDFULNESS

- Sati: awareness or attention
- Vipassana: insight cultivated by meditation



THICH NHAT HACH 'THE MIRACLE  
OF MINDFULNESS" (1970)

- Mindful stress reduction
- Mindful cognitive therapy

# BEING PRESENT





An aerial photograph of a rural landscape. A light-colored road or path runs vertically through the center, intersecting with a horizontal road. The surrounding area is divided into various fields and patches of vegetation, including a large, dark, dense forest on the left side. The overall scene is captured from a high angle, showing the geometric patterns of the roads and the textures of the different land uses.

QUESTIONS

# FINDING YOUR LANGUAGE



GK Chesterton:

*“Fairy tales do not tell children the dragons exist. Children already know that dragons exist. Fairy tales tell children the dragons can be killed.”*





“The twenty first century society yearns for a leadership of possibility, a leadership based more on hope, aspiration, innovation and beauty than on the replication of historical patterns of constrained pragmatism. Luckily, such leadership is possible today. For the first time in history, leaders can work backward from their aspirations and imagination rather than forward from the past. The gap between what people can imagine and what they can accomplish has never been smaller”

(Nancy Adler, From Leading Beautifully: The Creative Economy and Beyond)





We  
Stand  
at  
a  
Door





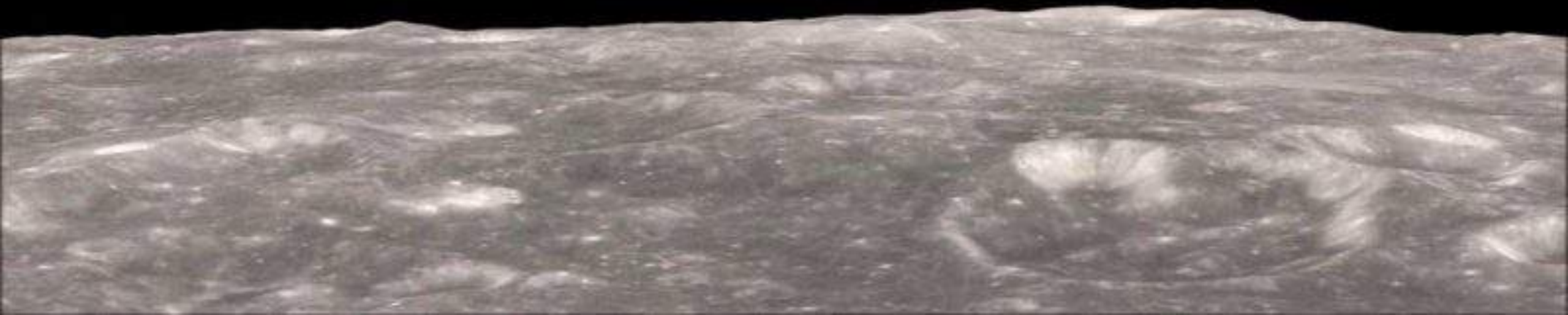




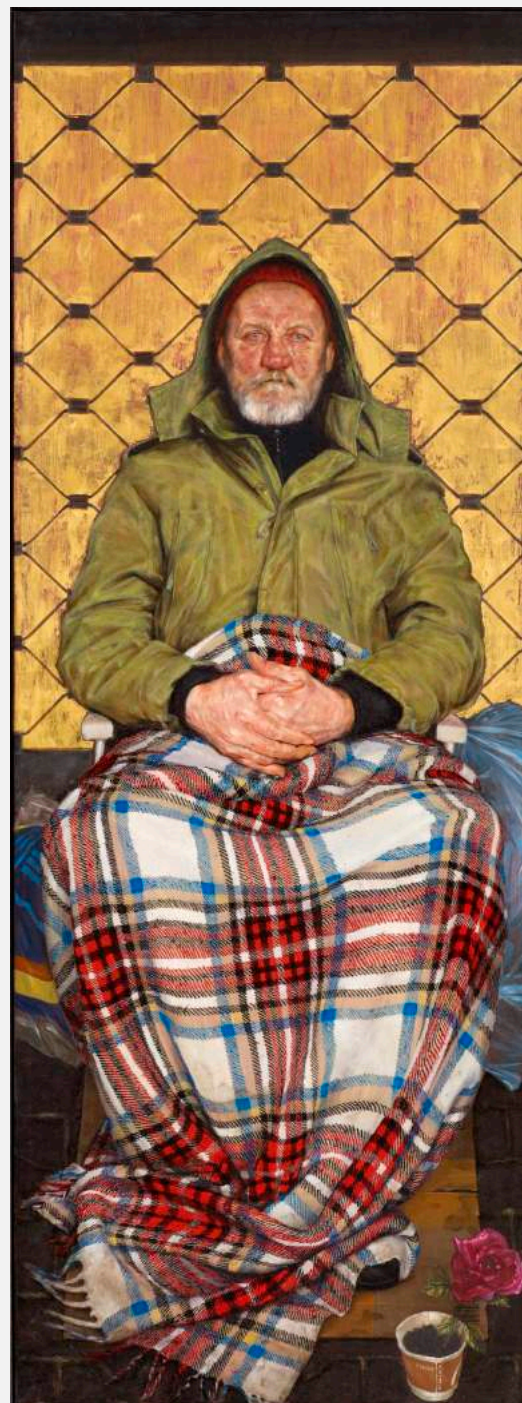




© IHarryH



MAN WITH  
PLAID  
BLANKET  
BY THOMAS  
GANTER





An aerial photograph of a road intersection over a green field. The road is light-colored and forms a Y-shape. The surrounding area is a lush green field with some trees and shadows. The overall tone is dark and moody.

QUESTIONS



# HANDLING STRESS AND ANXIETY



**WORRY  
LESS**



## REFRAMING ANXIOUS THOUGHTS

- Catch it
- Check it
- Change it

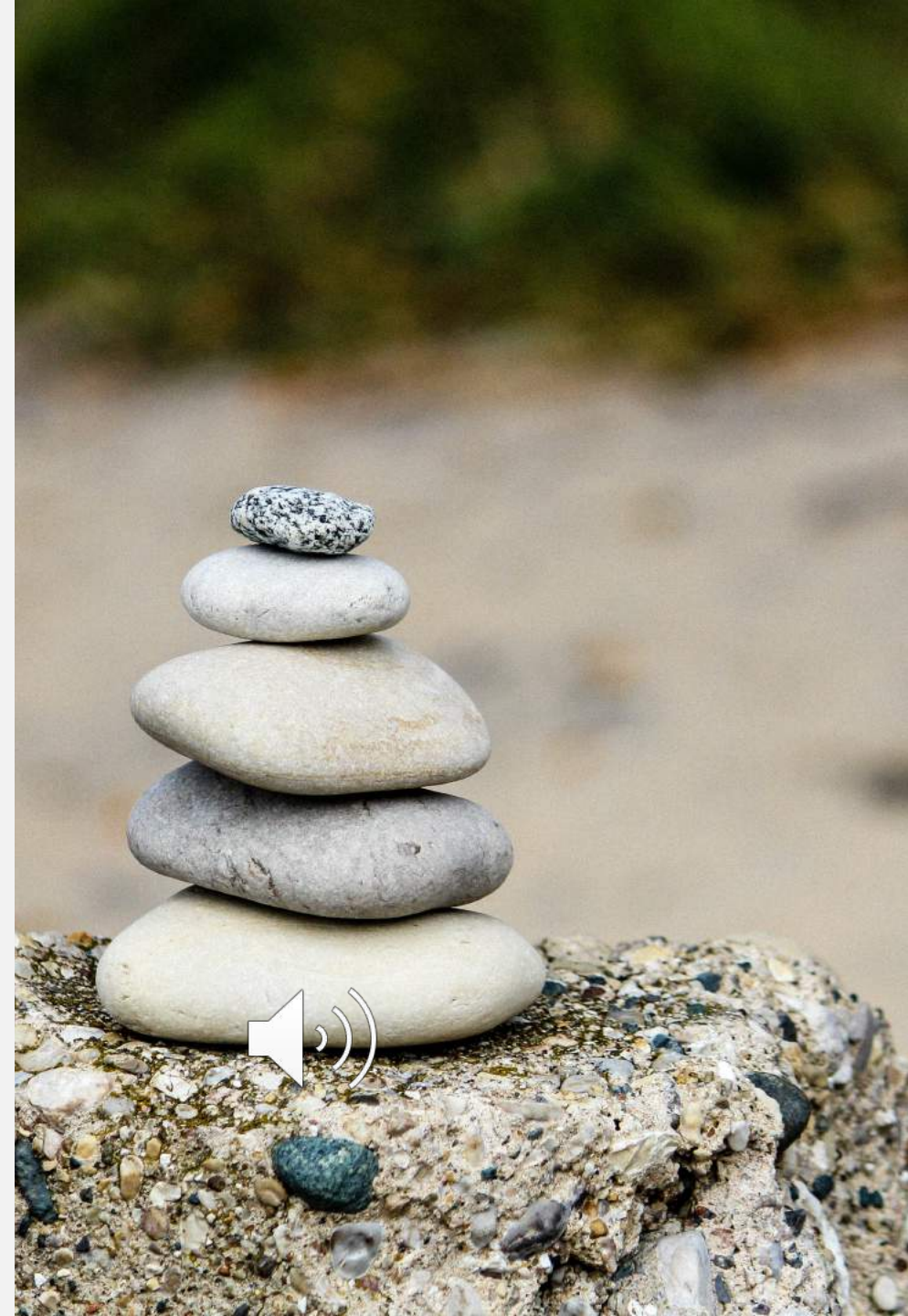








- Can I break a problem down?
- Which piece needs to be considered first?
- Which pieces can wait?
  
- What's in my control?
- What's helpful or harmful?











Breathe

(space to  
breathe)



QUESTIONS