

Mindfulness & Meditation Resources

Grounding Exercise:-

Can be done in any order and can be from 3 to 1.

5 things you can see – (that you don't normally notice e.g cobweb, shadow, colour/shade of an item)

4 things you can feel (breeze on your skin, smoothness of the table, fabric against you, rough nail, your hair)

3 things you can hear (birds/hum of fridge/computer/traffic/dog)

2 things you can smell (clothes/coffee, something from outside – something you might filter out normal going on)

1 thing you can taste (your last drink/toothpaste/sip of drink/open mouth and catch the air)

Breathing Techniques:-

Belly breathing or also called diaphragmatic or abdominal breathing

- Imagine your belly is a balloon. This balloon will get bigger as you breathe in, and it will get smaller as you breathe out
- Now, place your hand on your belly,
- Breathe in slowly through your nose, and feel that balloon getting bigger
- Hold your breath till I count 1, 2, 3
- Breathe out slowly through your mouth.

Box breathing

- Close your eyes. Breathe in through your nose while counting to four slowly. Feel the air enter your lungs.
- Hold your breath inside while counting slowly to four. Try not to clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds.
- Begin to slowly exhale for 4 seconds.
- Repeat steps 1 to 3 at least three times. Ideally, repeat the three steps for 4 minutes, or until calm returns.

Additional Resources

[Sleep and tiredness - NHS \(www.nhs.uk\)](https://www.nhs.uk). Sleep & tiredness (NHS) – information, advice and support

[Sleep Hygiene - The Sleep Charity](#).

The Sleep Council - Practical advice and support to help you adopt healthier sleep habits Sleep diary [Sleep Diary - The Sleep Council](#) - can help identify what's keeping you awake.

[Sleep and mental health | Mind](#). How to cope with sleep problems (MIND) – explains the effect of sleep on mental health.

Sleep apps (NHS) – NHS recommended [Sleep apps - NHS \(www.nhs.uk\)](https://www.nhs.uk).

[Meditation and Sleep Made Simple – Headspace](#) Everyday Mindfulness and Meditation for Stress, Anxiety, Sleep, Focus, Fitness, and More.

[Calm - The #1 App for Meditation and Sleep](#)- Find Your Calm. Our goal is to help you improve your health and happiness.