



## Mental Health and Well-Being Support with Mr Doyle

### Help, Support and Advice to support our Mental Health and Well-Being!

**Mindfulness** is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgment, which one develops through the practice of meditation and through other training.



- ▶ Check out this short video clip on Youtube. Discover simple steps for a better mental health by creating your own personal mind plan with Every Mind Matters: <https://www.youtube.com/watch?v=8KtqrCaLjnQ>.
- ▶ Looking after your mental health. Having good mental health helps us relax more, achieve more and enjoy our lives more. Head over to the '**Every Mind Matters**' website where they have expert advice and practical tips to help you look after your mental health and wellbeing.

'Please look after yourself, so that you can look after your loved ones during these challenging times.'

- ▶ Head over to [headspace.com](https://www.headspace.com) - it is such an amazing resource and we highly recommend it. Alternatively, visit the Headspace Youtube channel, which is packed full of brilliant resources: <https://www.youtube.com/headspace>.



### Great advice from Professor Mark Williams, former director of the Oxford Mindfulness Centre:

"It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour. Awareness of this kind also helps us notice signs of stress or anxiety earlier and helps us deal with them better."

- ▶ Check out the [NHS five steps to Well-Being](#). This sits at the heart of our Mental Health and Wellbeing strategy. Their advice on [mindfulness](#) is amazing!



- ▶ How to bring more peace and mindfulness to your family life! Check out this article which highlights seven ways you can strengthen your family's bonds using mindfulness. <https://www.mindful.org/how-to-bring-more-peace-and-presence-to-family-life/>.



# MINDFULNESS

