



Helpful Mindfulness Tips During Lockdown

Mindfulness meditation can be a hugely helpful resource in these challenging times. Here are some of our suggested tips to help you:

Morning

It may be tempting on waking to turn on the television or radio but notice how this will inevitably feed anxiety and fear. Try changing this habit. Instead, call to mind at least three positive things in your life and set your intention to remember these throughout the day. Leave the news to headlines only and leave until later on.

Daytime

Enjoy nature around you. Perhaps you are lucky and have a garden and can step out and breathe in fresh air. You can also simply open your window. Notice sights of beauty, the blue sky, the trees or flowers, the sunshine. Notice and see if you can enjoy sounds of birds. Feel the cool air on your face. Practice gratitude for the simple gifts that are also present and allow them to bring you balance and calm. Some calm and gentle yoga or movement can also be helpful.

The mind and thoughts naturally rush off into the future with all the 'what ifs'. See if you can gently come back to the present moment. Take a pause, feel your seat on the chair or your feet on the ground and take some long deep slow breaths. Notice how and where you are holding tension and see if your body can gently release with each long slow out breath. You can practice these pauses or breathing spaces during the day.

Observe your thoughts and beliefs right now. Ask yourself what are facts and what are speculations? Living with uncertainty provokes a lot of anxiety for us. We can notice this and bring our intention instead to stay in the present moment, here and now. 'Let tomorrow look after itself.'

Be kind to yourself!

These are deeply challenging times. Can you be compassionate to yourself as well as others? Practice ways of being intentionally kind to yourself. It can be helpful to bring your hand to your heart in self-support, especially in times when you feel overwhelmed or fearful and your heart may be racing. Bring soothing to yourself as you would naturally to a young child. Hold and cuddle a cushion or pillow for self-support if you are living alone and even if not!

Practice Generosity

Practicing generosity can help release fear as we think of others and in whatever way we can, reach out to others. Love is stronger than fear.

Name Your Worries

It can help to name your worries. Can you reach out and talk with someone about them? Try also not to ruminate and obsess with thoughts that go round and round your head alone or with others. See if you can let the thoughts come and then LET THEM GO. It may be useful to distract by intentionally choosing something else to do or think about.

Night-time

When you are lying in bed and can lie on your back, bring one hand to your heart and one to your tummy. Long slow deep breaths. Reflect on the day and recall your positives, practice gratitude for e.g. the sunshine, having enough to eat, the phone call with a friend, any little moments when you forgot and were able to simply enjoy a moment. Wish yourself a peaceful night and trust that tomorrow will look after itself.

Remember you are not alone. Things that feel 'real ' may not be true. We are all still connected even when we are self-isolating. At The Sara Lee Trust, we are here to support you.

Need support? We can help you

If you are affected by a life threatening illness, we can help you.

Call The Sara Lee Trust on **01424 456 608** or email **info@saraleetrust.org**