Mindfulness practices to help build resilience.

**A Pause** to help deal with stressful times, connect for a moment, just being present in each other ‘s company, no expectations – Listening to the sound of the bell raising your hand when you cannot hear it anymore with this recording <https://soundcloud.com/user-868124031/pause> . Another suggestion is to pause and listen to 3 different sounds outdoors, indoor, and may be in the body. Sharing the 3 sounds you have heard. This can be done numerous times in the day, small short pauses.

**Using the breath to calm the mind** - <https://soundcloud.com/user-868124031/anchor-breath-1-minute-challenge>

**Acknowledging the worry feeling and other feelings** – drawing them, writing them, talking about them, illustrating in the body where you sense each feeling, knowing that feelings come and go like the weather. The metaphor of the weather can be used too, (rainy/sunny/stormy…). Exploring the feeling, “If the feeling could talk, what would it say…”



**Nurturing** - Finding strategies to help self-regulate e.g. “when I feel sad I CAN…”– Creating a calming mood jar, here is a suggestion of recipe <https://www.bbc.co.uk/cbbc/thingstodo/mood-jar?collection=lifebabble-guide-to-feeling-good> - check out many suggestions self- care strategies on this link <https://www.annafreud.org/on-my-mind/self-care/>

Encouraging a **positive frame of mind** with a gratitude journal (drawing/writing…) and/or revisiting pleasant/happy moments of the day, funny moments, kind moments, creative moments e.g. “What was the funniest moment today?” “What was the moment when you were the most helpful, the kindest…?”

**Using the body to calm the mind**, this body scan recording <https://soundcloud.com/user-868124031/short-body-scan> might be helpful before bed time.

Wishing you many mindful moments

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