

Mindfulness Relaxation

(using a stone, shell or personal item)

Mindfulness is a technique to help keep you in the 'here and now' - to calm you - and to help stop your mind racing ahead. It can help with pain, shortness of breath and feelings of anxiety and it can aid sleep. Accessing your senses can provide a 'grounded' feeling.

Hold your stone (or personal item) in your hand, focus on it and notice **EVERYTHING** about it...

Notice how it feels in your hand - does it feel warm or cold, rough or smooth, heavy or light?

Notice the colours, the patterns, the shapes you can see, and the overall shape of your stone.

Does it remind you of anything?

Continued overleaf...

Move your stone around slowly in your hand as you study it. Associate this stone (or personal item) with feeling safe and calm - focus on EVERY little detail.

You may notice that your breathing slows down and that you start to feel calmer.

Reach for your stone, even if you don't feel anxious, short of breath or have pain, to form a pattern in your mind and help you to feel calmer and more in control.

PRACTICE the technique **OFTEN** to gain confidence in it and build associations for it to work well.