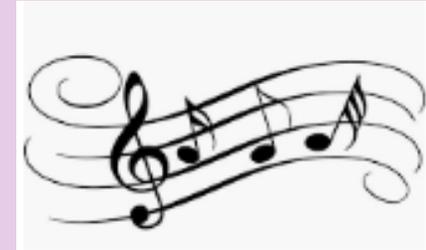


Mindfulness challenges

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go. Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



Lie with your back on the floor and place a soft toy on your tummy. Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



Mindfulness challenges

At the same time, every day, think of one thing to be thankful for.



Listen really carefully to what someone else is saying. Stop doing anything else and give them your complete attention. If you think of things you wish to say, let the speaker finish before you add your thoughts.



Choose a subject to focus your thoughts or simply write about whatever arises in your mind. If you can't think of what to write then write 'I can't think of what to write...' Do whatever you need to in order to keep writing.



Take a moment to think about how you are feeling. Which words would describe how you are feeling? Can you trace back the origins of those feelings?

