

## Mindful Monday

Welcome to our first day of Wellbeing Week. Today we will practise the skill of learning how to live in the moment. We will take some time to relax and reflect and take notice of ourselves and how we feel. Mindfulness is a practice for a reason - the only way to do it correctly is to do it as often as you can until it feels like second nature. Use this Monday to start a practice that you can do every day of the week. You'll set a positive tone for this week and by next Monday, you'll have a great tool for escaping stress!

Practising mindfulness and learning to be present, can help us feel stronger when battling those negative and anxious thoughts. It can help us to build self-confidence, focus, and help us treat others and ourselves with respect and appreciation. It is a gift you will have for the rest of your lives.



### Today's Wellbeing Action Plan:

- Tune in to our Facebook page for a Wellbeing Assembly with Mrs O'Connor
- **'Minding Your Mind' Art Competition** - this week we invite you all to design a poster showing great ways to 'mind-your-mind' ! Please send photos to [kilbegschool@gmail.com](mailto:kilbegschool@gmail.com) by Friday 29<sup>th</sup>

- Enjoy a guided meditation today with your family. Try this link below or enjoy finding a new one! [https://www.youtube.com/watch?v=ihwcv\\_ofuME](https://www.youtube.com/watch?v=ihwcv_ofuME)
- **Mindful Walk:** Mindful walking can be done whenever and wherever you like, all week long! It can help clear your head and make you feel more focused and grounded. Notice all the sensations of walking in your feet and the rest of your body and the sights and sounds of the world around you as you move through space. Try adjusting how quickly or slowly you're moving, and notice the difference in how it feels. Help focus your mind by counting your steps or repeating "left, right, left, right" as you walk.

**STRESSED OUT? WALK IT OFF.**

This Monday try mindful walking to bring focus and calm.

1. Pick a time in your daily routine to practice mindful walking for at least five minutes.
2. Concentrate on the physical sensations of walking - the sights, sounds, and feelings of each step.
3. If your mind wanders, gently return your focus by repeating "left, right" as you walk.



**DESTRESS MONDAY**

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- Practice makes perfect! You really can practice mindfulness anywhere. If you ever find yourself sitting, standing, waiting, or walking from one place

to another, you can easily squeeze in a mindful moment. Here are a few ideas for how to fit mindfulness into your daily routine:

## MINDFUL MONDAY

Paying attention to the sensations of everyday experiences can help calm your mind.



### SHOWERING

Get lost in the sound and steam. Let the pitter-patter of the water soothe your mind.

### GETTING DRESSED

Take in the textures and colors of your clothing. Pay attention to how they feel on your skin.

### BED MAKING

Notice how the sheets feel against your fingertips as you smooth out the wrinkles.



### EATING

Appreciate the aroma of your food, and revel in the flavor and texture of each bite.



### LISTENING

Close your eyes and focus on the sounds around you. Pick a specific noise, and follow it.



### HAND-WASHING

Be aware of the warm water as it flows over your hands, and let the fragrance of the soap take you away.

**DESTRESS  
MONDAY**