

Project

"The Safe and Mindful Movement of
Young Refugees and Migrants into
Youth Groups"

MINDFULNESS TOOLKIT

Produced by:



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Erasmus+



Mindfulness Technique

The practice of the 3 Steps

This technique is one of the simplest to be incorporated into everyday life, Corresponds to short breaks, each one lasting 1 minute, taking approximately 3 minutes in total.

1

Adopting a comfortable position, sitting or lying down. Slowly bring attention to your body, which may include physical sensations (contact with the floor or chair; points of tension), as well as the perception of thoughts or emotions that may be present in the body;

Gradually, start to bring attention to the sensations and movements of breathing - movements of the chest and abdomen. The air entering and leaving the nose. It is important to follow the natural flow, without trying to change it, just observing it. Do this for a while;

2

3 Before ending the session, bring your attention back to the sensations in your body, which may include the perception of where you are (sounds, temperature). Gradually finish the practice, opening your eyes again.



Mindfulness Technique

Three Breath Exercise

We are going to practice a short breathing exercise that may allow you to step out of automatic mode.

Find a comfortable position, and either close your eyes or focus on a spot in front of you. Now take a deep breath to bring yourself into the present moment [pause], just noticing whatever you are experiencing right now.

1 2

Notice whatever thoughts you have. Now notice whatever you are feeling emotionally. Don't try to change it, but just notice how you are feeling. [Pause five seconds.]

Allow your awareness to expand to encompass your breath. Breathe deeply 3 times, bringing your awareness to your thinking, and whatever you are feeling emotionally right now.

3 4

Gently broaden this awareness to notice the whole experience, holding everything in awareness. Now bring your attention back to the room; open your eyes if they are closed. Have a stretch; notice yourself stretching. Welcome back!



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Mindfulness While Eating

You can practice mindfulness even while you eat

1. Choose a convenient mealtime when you won't be expected to socialize.

2. Eat slowly. Focus on each sensation of your first bite in turn: smell, sight, touch, sound, taste.

3. Immerse yourself in the richness of the practice of eating and try to eat your whole meal slowly.



Health Benefits:

- Reduce stress
- Improved digestive functioning
- Reduced overeating and weight gain

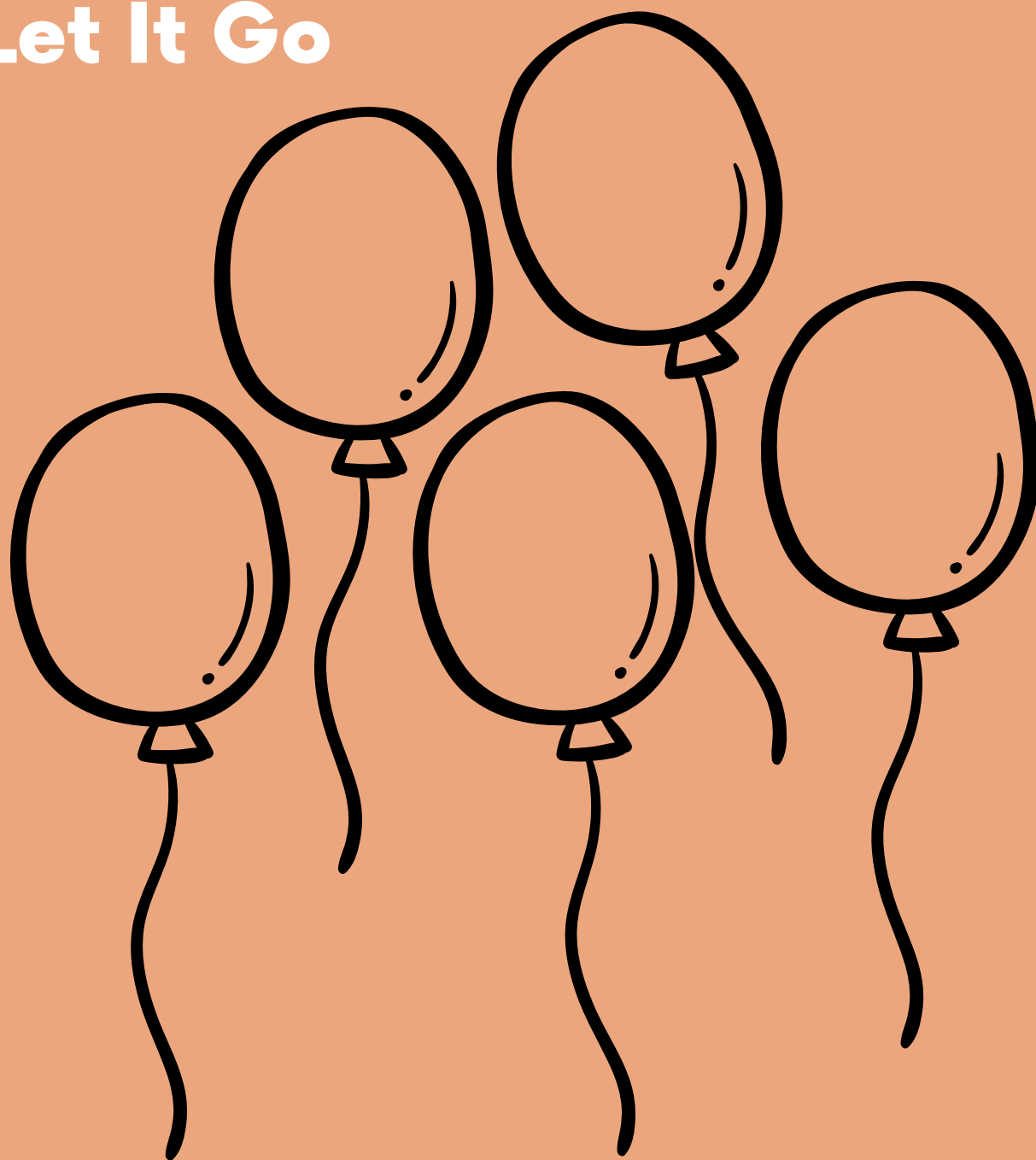
Why it works to reduce stress:

Taking time to appreciate the small things we often miss can liberate us from ruminating on our daily concerns.

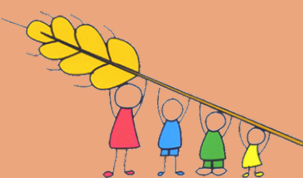


Mindfulness Technique

Let It Go



Sometimes, we get upset over things that we can't change or control. It can help if we tell ourselves to "let go" of those things! What can you let go of? Draw or write it in the balloons, and let them go!



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