

# Welcome



- Lines are automatically muted on entry to the webinar
- Please use the Q/A function throughout the webinar to ask questions and provide comments/input. No one else will see what you have written and we will take some time at different points of the webinar to respond.
- We are unlikely to be able to answer all questions, but your responses will help us tailor future webinars to suit your needs.
- This is intended as an educational webinar and is not a substitute for a mental health or psychological intervention. If you feel like you need more immediate support or feel that you need **urgent** help for your mood, are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone. Don't struggle by yourself. The Samaritans are here to listen at any time of day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on **116 123**.
- You will find more information about getting further support at the end of this webinar.
- This webinar is being **recorded** and will be available for you along with the slides on the Thrive LDN website.



# COPING WELL DURING COVID

## 6. Mindfulness

Tues 4th May, 12.30pm

Weds 5th May, 4.00pm

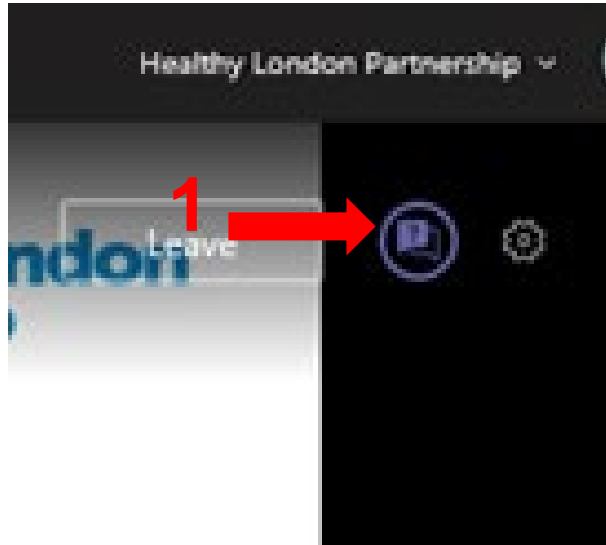


Online. Register via [thrivedn.co.uk](https://thrivedn.co.uk)

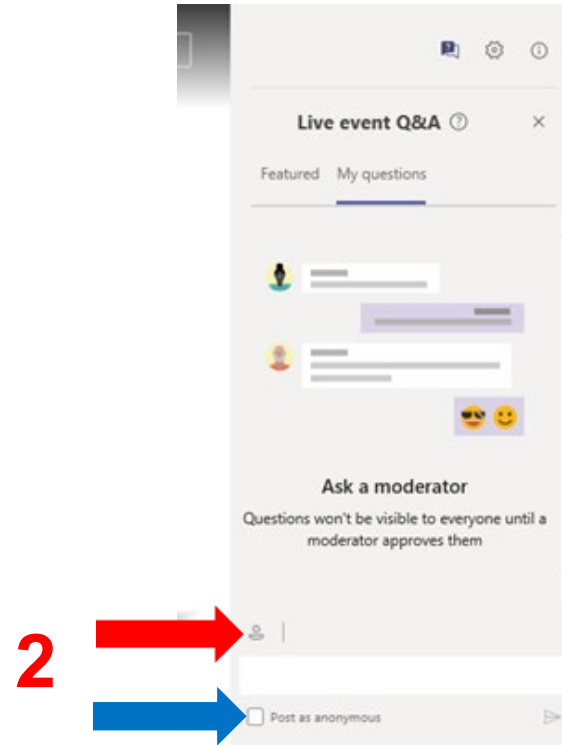
With Emily Gardner, Cognitive Behavioural Therapist,  
East London NHS Foundation Trust



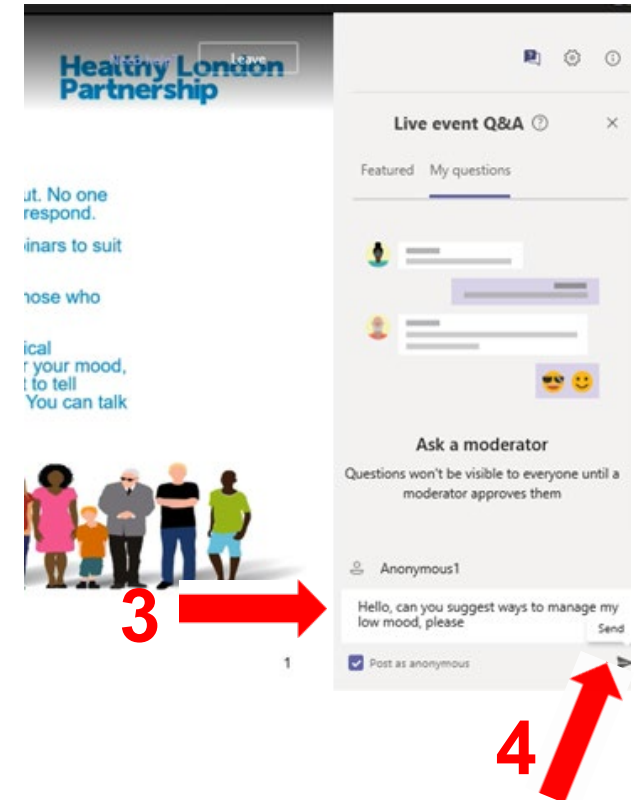
# How to use Q/A during webinar



1. Click on the box with the question mark for Q&A



2. Enter your name, or click on the small box by the blue arrow if you want to remain anonymous



3. Enter your question.  
4. Click on the arrow to send.

## Tell us about you

Keeping your identity anonymous please tell us in the Q/A who you are here for:

- A. For yourself
- B. For a family member or friend who is struggling
- C. As a professional (please tell us what your role is)
- D. Other (please explain)

# What are we offering?

- A series of webinars to help you cope with the impact caused by the Coronavirus.
- The theme will be different each week
- Focus on the different ways your wellbeing may be impacted.
- Understanding why you feel the way you feel
- Strategies and techniques to help manage the way you feel.



## Let's see your responses...

### Who are you here for today:

- A. For yourself
- B. For a family member or friend who is struggling
- C. As a professional (please tell us what your role is)
- D. Other (please explain)



**What do you hope to get out of this Webinar?**



- Toolkit of **evidence-based resources, ideas and tools**
- The content of these webinars is based on Cognitive Behavioural Therapy (CBT).
- CBT focusses on making changes to our thoughts and behaviour to improve our mood.



## Objective of this webinar

- **This webinar will provide a brief introduction to mindfulness and its benefits.**
- **You will go away with three mindfulness based exercises that you can start to practise and some mindfulness based activities to start you off on your mindfulness journey.**



**What do you hope to get out of the Webinar?**



**It's OK to not feel OK**

If you need urgent support right now...

Don't struggle by yourself. The Samaritans are here to listen at any time of day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on **116 123**.

# What is Mindfulness?

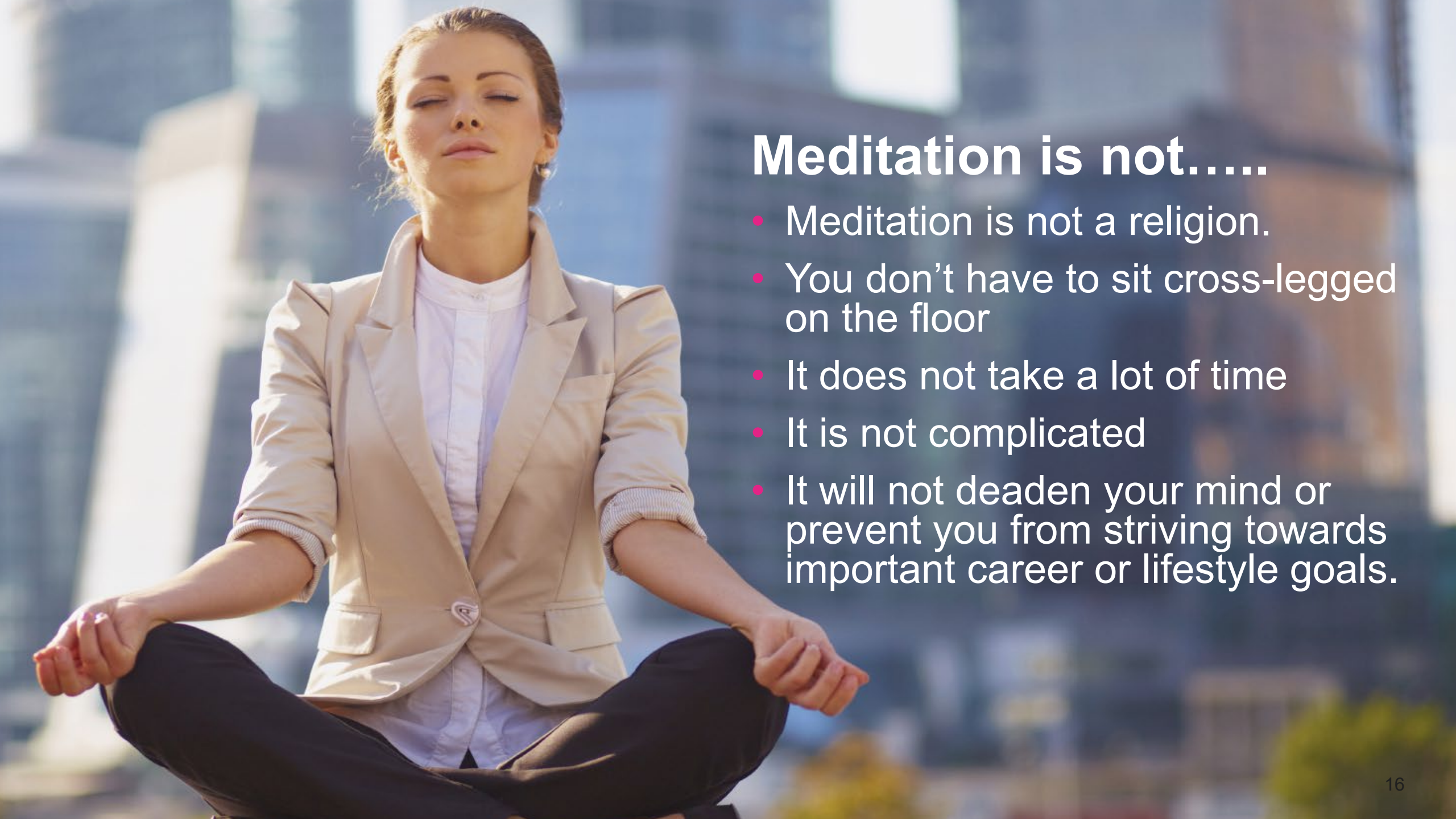
- **Mindfulness is knowing what is going on inside and outside ourselves, moment by moment.**
- Mindfulness is reconnecting with our bodies.
- This means waking up our five senses: sights, sounds, smells and tastes of the present moment
- An awareness of our thoughts and feelings as they happen moment to moment.
- Allowing ourselves to see the present moment clearly.

# The Benefits of Mindfulness Meditation

- Regular meditators are **happier** and **more contented** than average.
- Anxiety, depression and irritability all **decrease** with regular sessions of meditation.
- Regular meditators enjoy **better and more fulfilling relationships**
- Meditation **reduces** the key indicators of chronic stress, including hypertension.
- Meditation **bolsters the immune system**.

## One Minute Mindfulness

1. Sit up in a straight-backed chair, with your spine self-supporting, with your feet flat on the floor. Close your eyes and lower your gaze.
2. Focus your attention on your breath as it flows in and out of your body. Observe the breath without looking for anything special to happen.
3. After a while your mind may wander: gently bring your attention back to your breath, without giving yourself a hard time.
4. Your mind may eventually become calm like a still pond – or it may not. Whatever happens just allow it to be as it is.
5. After a minute, let your eyes open and take in the room again.

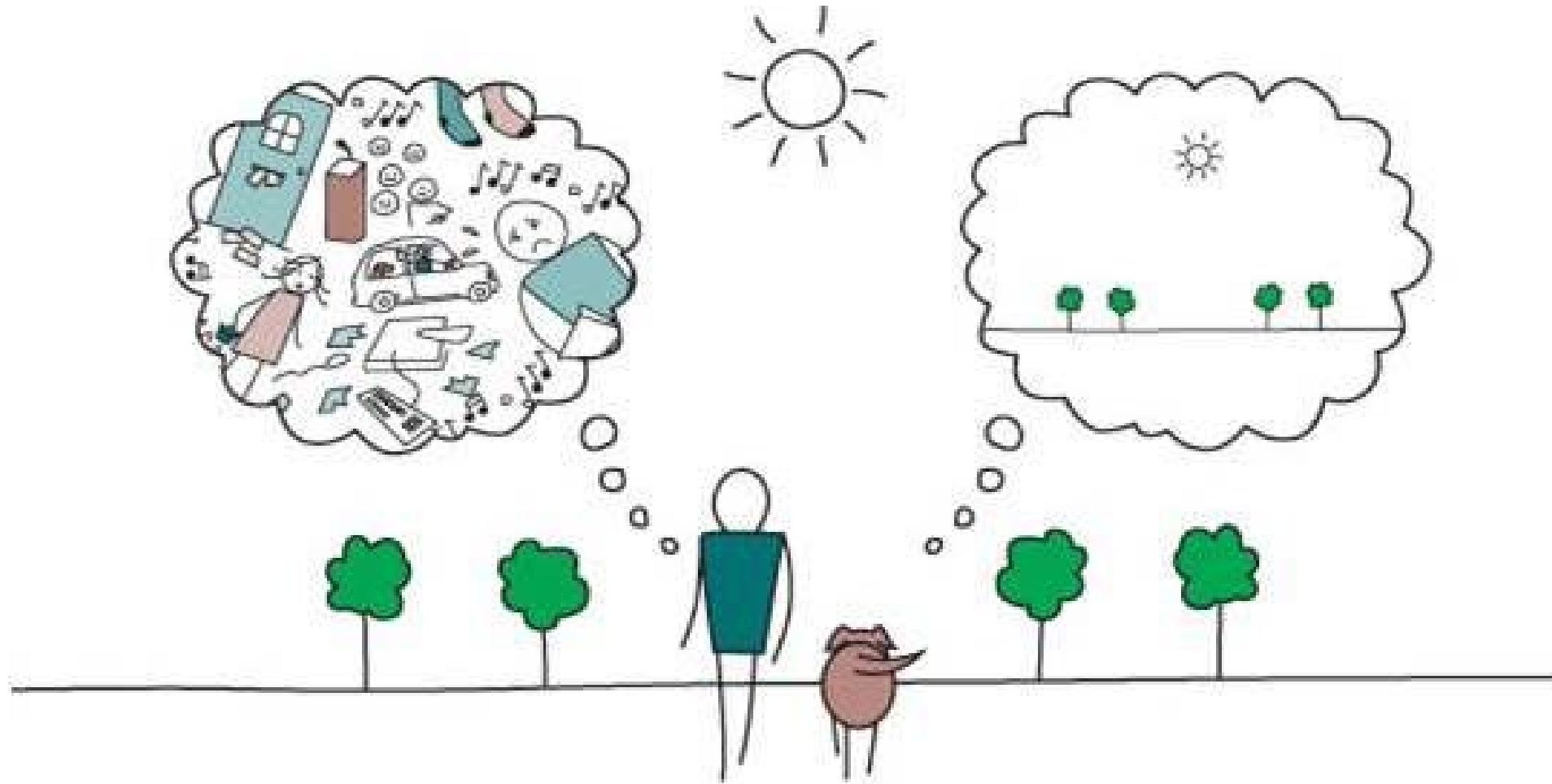


## Meditation is not.....

- Meditation is not a religion.
- You don't have to sit cross-legged on the floor
- It does not take a lot of time
- It is not complicated
- It will not deaden your mind or prevent you from striving towards important career or lifestyle goals.



# Awareness of Autopilot



Mind Full, or Mindful?

# Actor Switch Experiment



© 1998 Psychonomic Society Inc. Image provided courtesy of Daniel J. Simmons.

- Only half of the people questioned actually noticed the switch.
- This shows how easy it can be for us to be absorbed in our busyness and the things we can miss as a result.



## Experiment with your Autopilot:

This week, see if you can notice which chairs you normally sit on at home or at work.

Make a deliberate choice to try another chair, or alter the position of the chair you use.

Notice how your perspective changes just by changing your chair.





A photograph of a curved street in London at sunset. The scene is bathed in warm, golden light. In the foreground, a black metal fence with a circular sign that reads "UNDERGROUND" is visible. The street curves to the right, lined with multi-story buildings. The sky is a mix of orange and yellow, suggesting the sun is low on the horizon. The overall atmosphere is serene and nostalgic.

The real voyage of discovery consists not in seeking out new landscapes but in having new eyes  
- Marcel Proust

**In mindfulness, we start to see the world as it is, not as we expect it to be, how we want it to be, or what we fear it might become.**

## Present Mind Focus

- This process of 'being mindful' is so simple and yet so challenging.
- Keep your attention focused on the moment that you're experiencing right now
- Simply observe what's going on around you

### Using your Senses:

**LOOK:** Look around for 5 things that you can see

**FEEL:** Pay attention to your body and think of 4 things that you can feel,

**LISTEN:** Listen for 3 sounds

**SMELL:** Notice two things you can smell

**TASTE:** Notice one thing you can taste



A colorful beach ball with segments in yellow, red, green, blue, orange, and purple sits on a sandy beach. The ocean with gentle waves is in the background.

**Think of your thoughts like a beach ball.**

**If you try to push that beach ball under it would likely bounce out of the water with greater force.**

**However, if you let that beach ball float around it is likely to float further away as it is carried away by the waves.**



- It boosts resilience
- It has been found to help individuals feel happier, more energised and less stressed.
- They also felt that they had more control over their lives.
- They found that their lives had more meaning
- Challenges should be seen as opportunities not threats.

# Seated Body Scan Meditation

- This meditation can be done anywhere but make sure you are comfortable
- Lower your eyes to close
- Sit with your legs uncrossed with your feet flat on the ground.
- Bring your attention in turn to each part of your body, noticing sensations and experiences in each part.
- Work your way up from your feet to your head.
- Imagine filling each part of your body with your in breath and letting go with your outbreath
- Finally imagine filling your whole body with your breath; breathing in and out from your whole body, rest a few moments here. Allowing yourself to be just as you are, complete and whole resting in awareness.



# Mindful Daily Routine

## Start each day with a mindful breathing technique

- Set alarm clock 5-10 minutes before you would normally wake up
- Sitting comfortably do a mindful breathing technique.

## Choose one daily task to do mindfully

- Drink your morning cup of coffee – put your phone away, pay attention to what you can smell and taste
- Shower - observing the sensation of the water falling onto your skin
- Walk - listening to all the different sounds you can hear in your environment

## Give yourself space to feel your emotions, without judgement

- Ask yourself '**How am I feeling right now?**' - give yourself a few minutes to observe your emotions and experience them.

## Take home messages

- Regular meditators are **happier and more contented** than average.
- **One minute mindfulness** can help to bring you attention back to the present.
- **Experiment with your autopilot** – make a deliberate choice to do something different
- **Present Mind Focus** – using your five senses to focus on the present moment
- You can use the **Seated Body Scan meditation** for a full body mindfulness experience.
- Mindfulness has been found to boost **resilience and hardiness**
- **Create a mindful routine** – start and end each day a little more mindfully

**Choose one of the ideas from today's webinar that you will action this week**



**Poll:**

- A. One minute mindfulness
- B. Experiment with your Autopilot
- C. Present Mind Focus
- D. Seated Body Scan meditation
- E. Create a mindful routine




## The next sessions in this webinar series are:

- Wednesday 5<sup>th</sup> May @ 4pm – **Mindfulness**
- Tuesday 11<sup>th</sup> May @ 12.30 – **Sleeping Better**





*You can register for these webinars here:*

<https://thriveldn.co.uk/resources/coping-well-during-covid/>

## Getting more help and information









-  IAPT Psychological Therapy Services are available and free if you need more help.
-  IAPT stands for Improving Access to Psychological Therapies. These NHS funded national services offer free access to evidence based therapies for low mood, anxiety and depression across England. They offer treatment over the telephone, via online platforms and video links. If you think that you or someone you know needs support for low mood, sleep problems depression or anxiety you can self refer to your local IAPT Service.
-  Local IAPT services are listed on the NHS website and you can search with your postcode here: [https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008)

## Getting more help and information

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-  The Samaritans are here to listen at any time of day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on **116 123**.
-  Shout offers confidential 24/7 crisis text support for times when you need immediate assistance. Text "**SHOUT**" to **85258**.
-  NHS urgent support guidance - <https://www.nhs.uk/oneyou/every-mind-matters/urgent-support/>



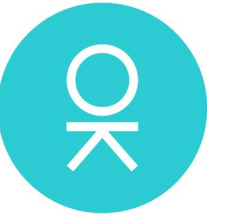
## Other useful resources and links

-  NHS Every Mind Matters - [https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc\\_id=Brand&gclid=EAlaIQobChMIkcjMo-Di6QIVnIBQBh01HQQFEAAYASAAEgKXUfD\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIQobChMIkcjMo-Di6QIVnIBQBh01HQQFEAAYASAAEgKXUfD_BwE)
-  Mental Health Helplines - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
-  The NHS information about COVID-19 is available here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
-  CALM have lots of advice and information about mental health - <https://www.thecalmzone.net/>
-  Mind are a mental health charity with a wide range of information about mental health - <https://www.mind.org.uk/>
-  Citizens Advice offer support and financial advice, if you have problems with your rented home or you need to find out what benefits you can get - <https://www.citizensadvice.org.uk/>
-  National Debtline is a charity offering free and independent advice over the phone and online - <https://www.nationaldebtline.org/>
-  Money Supermarket have collated the latest information and advice with how coronavirus might impact your financial situation - <https://www.moneysupermarket.com/money-made-easy/coronavirus-and-family-finances/?from=onsite-banner>



We really value your feedback and would love to hear your thoughts about the webinar today.

Please use the link in the Q&A or via email.



# Towards happier, healthier lives for all Londoners.

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