****Information Sheet: **Mindfulness**

**The benefits**

* Learning and practicing the techniques for a few mins a day can help **reduce stress**
* By shutting out all the extra noise in your mind we are **better able to remember the important things** and not the small nuisances: I have a meeting/need to take the bin out
* When we are revising we are only revising and not thinking about 100 other things and so the information can be absorbed better and easier- hence **improving grades**
* When being mindful you are only thinking about what is happening in the moment. Becoming mindful has been described as the ‘volume knob’ in your brain. **It has been proven through experiments**. People would become over emotional (angry, sad, stressed, frustrated) to small stimulus. i.e. forgot your pencil case and so want to cry.
* Mindfulness makes us feel generally more chilled and zen and so we are less stressed and so will tend to get into **less arguments** and so have **better** **relationships** with those around us.
* **Less coughs and colds generally**: stress lowers the immune system so removing the stress decreases chances of infection
* The best way to increase your mindfulness is to **introduce it into your routine**

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**Techniques for Everyday**

1. Create a mindful or ‘sensory’ bottle

You could fill a bottle with glitter and washing up liquid and water, add food colouring for more colour! Make sure you seal it shut with superglue…

1. Hear the Silence

Take 5 minutes out of each day (or longer if you want!) to block out all noise. Then just sit and listen to your thoughts. Some people prefer to listen to rain sounds or white noise when they are mindful.

1. The Great Raisin Experience

Generally when we eat raisins we just grab a handful and throw them in our mouth. This represents our lack of mindfulness in everyday life. The ‘experience’ technique encourages you to pay attention to the smell, texture, taste and flavour to ensure you are in the moment. Some people prefer to do this with chocolate!

1. Download the Headspace app

This app encourages you to engage in mindfulness each day, it is free for a number of the activities. It is available in the apple app store and the play store.