



www.mindfulenhance.org/mindful-wellbeing

FIVE WAYS TO BE WELL WITH MINDFULNESS
Every Wednesday 2.30 – 3.45
5th February – 12th March 2025
Multifaith Centre

Mindful Meditation
 Beginner's Mind
 Informal Mindfulness
 Savouring and Joy
 Attention and Awareness
 A-Star Model

Mindful Movement
 Mindful Walking
 Self-massage
 Somatic Awareness
 Balance and Equanimity



Loving Kindness
 Compassion
 Acceptance
 Second Dart

Mindful Learning
 Growth Mindset
 Challenge Stereotypes
 Challenge Negative
 Thinking
 Reframing
 RAIN and STOP
 Purpose and Meaning

Positive Psychology
 Gratitude
 Generosity
 Random Acts of Kindness
 Optimism and Hope

FIVE WAYS TO WELLBEING

TAKE NOTICE

- Be curious.
- Catch sight of the beautiful.
- Remark on the unusual. Notice the changing seasons.
- Savour the moment, whether you are walking to work, eating lunch or talking to friends.
- Be aware of the world around you and what you are feeling.
- Reflecting on your experiences will help you appreciate what matters to you.

BE ACTIVE

- Go for a walk or run.
- Step outside.
- Cycle.
- Play a game.
- Dance.
- Garden.
- Exercising makes you feel good.
- Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

CONNECT

- Connect with the people around you.
- With family, friends, colleagues and neighbours.
- At home, work, school or in your local community.
- Think of these as the cornerstones of your life and invest time in developing them.
- Building these connections will support and enrich you every day.

GIVE

- Do something nice for a friend, or a stranger.
- Thank someone.
- Smile.
- Volunteer your time.
- Join a community group.
- Look out, as well as in.
- Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

KEEP LEARNING

- Try something new.
- Rediscover an old interest.
- Sign up for that course.
- Learn to play an instrument or how to cook your favourite food.
- Set a challenge you will enjoy achieving.
- Learning new things will make you more confident as well as being fun.

FIVE WAYS TO BE WELL WITH MINDFULNESS

WHAT IS THIS COURSE ABOUT?

In this course we will introduce you to mindfulness and meditation. In each session we will explore how mindfulness, meditation and mindful movement can enhance the Five Ways to Wellbeing' - Take Notice, Connect, Be Active, Give, and Keep Learning. The final session - the Full Monty – will bring it all together. Every session will be practical: for example, when looking at Be Active, we shall be talking about the benefits of mindful walking and connecting to nature.

WHEN AND WHERE?

This is a free six week course starting on Wednesday 5th February and finishing on Wednesday 12th March.

It will run each week from 2.30pm to 3.30pm in the Multifaith Chaplaincy space on level 2 of the Owen building.

We ask that you commit to attending all the sessions if possible, and that each day between sessions you do at least 10 minutes meditation, at least 10 minutes mindful movement, and practice informal mindfulness. We have a website which includes all the guidance, practices and meditations introduced during the course. The guided meditations can all be downloaded for use on mobile phones, tablets, and computers.

WHAT YOU NEED TO KNOW

The course is practical, exploring and practicing formal mindfulness [meditation], informal mindfulness, and mindful movement. Please come in comfortable clothing. All the mindful movement is gentle. We do all the practices without shoes – so you might want warm socks – perhaps even without holes!

No prior experience of mindfulness or meditation is necessary, and we have two main points of guidance:

- The only compulsory activity is breathing
- If it hurts, don't do it

FIND OUT MORE

There is more information and some of the course resources and tools that you can view and download on the [Centre for Mindful Life Enhancement - MINDFUL WELLBEING](http://www.mindfulenhance.org/mindful-wellbeing) webpages.

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