

Mindfulness

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#loveyourhealth23



Mindfulness & Well-Being Project: Workshop

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Reflections....

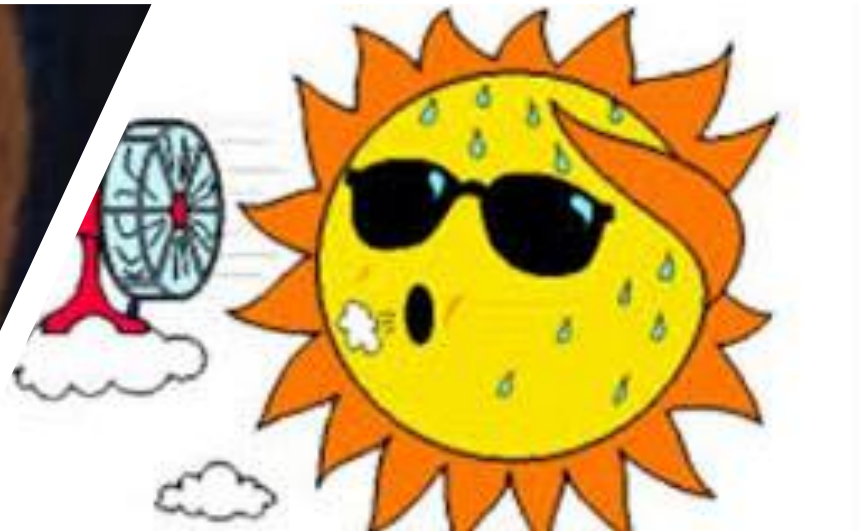
Ideas around mindfulness

Experience of mindfulness

When can it be used?

Possibilities?







Project Aims

- **Ethos: Social Prescription & Well-being**
- Offer a tailored mindfulness approach
- Develop the skills and confidence
- Adopt a flexible and bespoke approach to the use of mindfulness with people with a learning disability.

Project Goals Update



Pilot sites: Gwynedd & Conwy & Regional Rollout

Key output: Toolkit and APP development

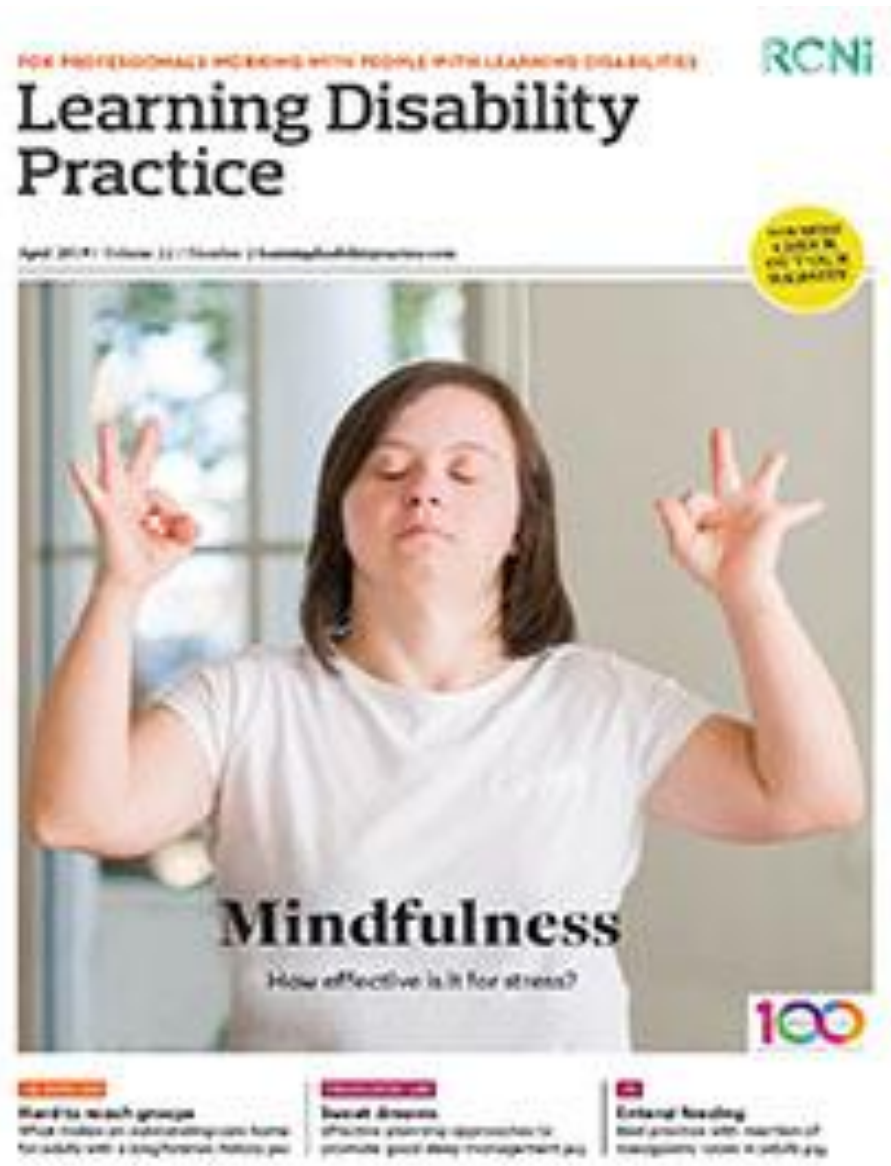
App Development

Awareness raising courses

Specialist courses

One-to-one & groupwork support (work with Antur Waunfawr)

Work with families



Mindfulness & Learning Disabilities

- Limited research & initial positive findings
- Person centred & bespoke
- Individual orientation
- Language use & sensory needs
- Emotional & physical needs
- Length of practices: 2-5 minutes
- Choices

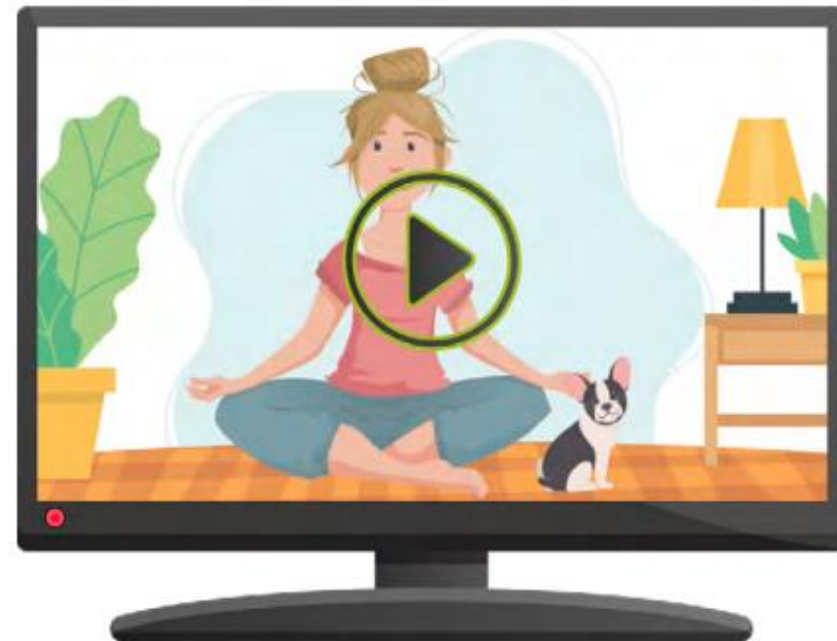
Exercise

➤ Hand clapping



Breathing exercises

- Sitting exercise: breathing
- Practice adaptation: Exercise growing a flower: Exercise 5 minutes
- New exercise: Finger breathing
- Stomach breathing/Belly breathing
- Breathe in a bubble!



Counting & Breathing

You can follow this simple exercise of counting to five as you breath in and then counting to seven as you breath out (you can adjust the breathing numbering as it feels comfortable to you). You can also use your hand to support your breathing here: raising your hand up as your breath in and lowering your hand down as your breath out.





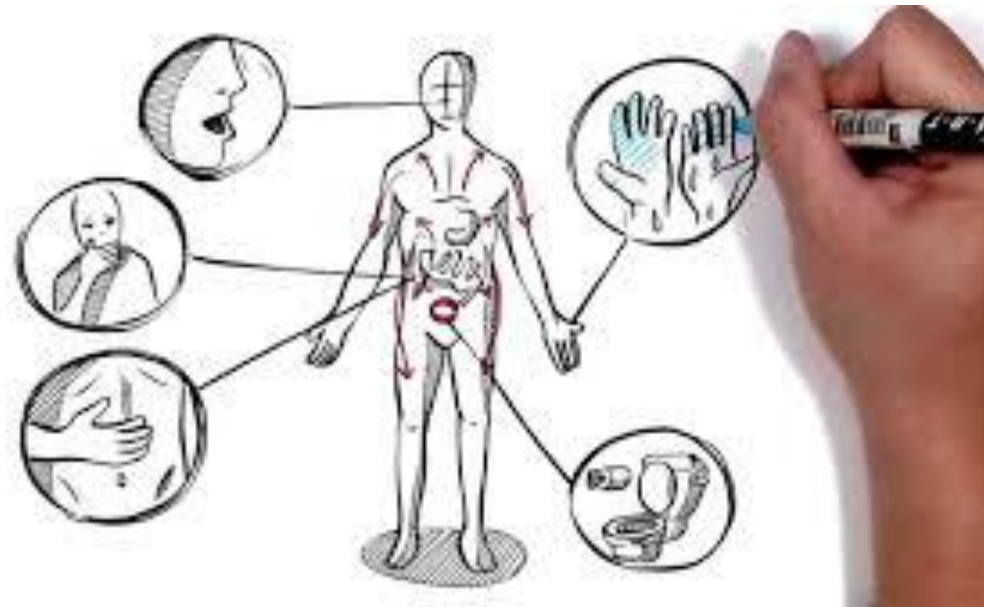


STRESS
PRESSURE
ANXIETY

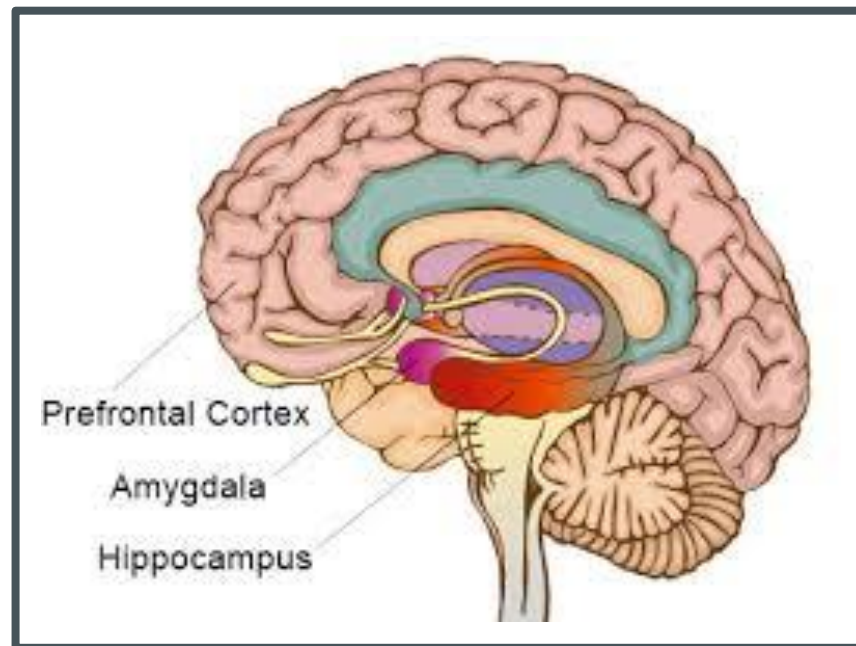


IMPACT OF STRESS AND STRAIN: AMYGDALA

- Sleep pattern
- Heart beating
- Back pain
- Skin issue
- Stomach pain
- Sweating
- Poor decision making



WHAT HAPPENS IN THE BRAIN WHEN WE ARE UNDER PRESSURE/STRESS?



- **Prefrontal Cortex**
- **Amygdala**
- **Hippocampus**







Everyday Mindfulness

- Being Present
- 'Autopilot'
- Velcro & Teflon
- Anchoring
- Movement
- Eating
- Sensory
- Toolkit of practices

Mindfulness Plan: Check-ins



Morning check-in: How do you feel right now? How do you feel in your mind? How do you feel in your body? What is your goal for the day?



Lunchtime check in: How do you feel in the mind? How do you feel in the body? Ready for a reset? 1 minute review of goal



Post work, early evening check in: How are you feeling now? Any key sensations or feelings? One mindful activity.



Ready for bedtime: Calm/winding down: What do you need now? How are you feeling in the mind? How are you feeling in the body?



Review of the day: Reflecting on one good thing from today.



Any Questions/Reflections

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Love your health

Learning Disability Wales
Annual Conference 2023



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