

# Mindfulness

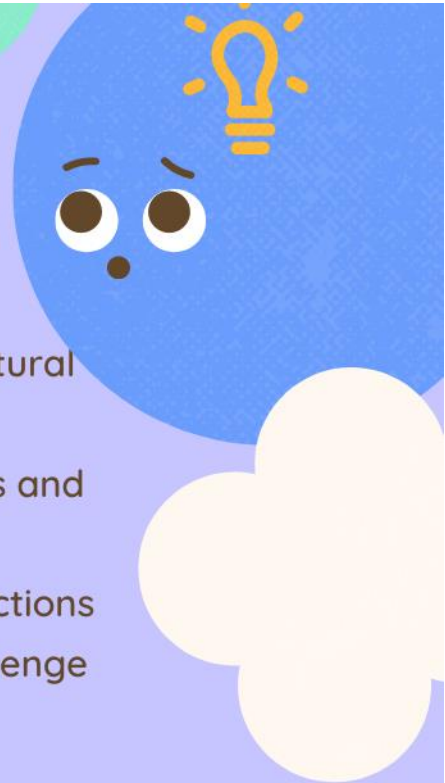
We understand that school – and all that comes with it – as well as the other pressures in your life can combine to be overwhelming sometimes. We all get stressed, anxious and experience negative emotions due to the strain we are under in today's fast-paced society.

It's normal. You're not alone. We have put together some resources to help you take care of your mental wellbeing. Remember, you don't have to do this alone and you don't need to access these ONLY when you are stressed.

Practicing mindfulness (techniques to calm the mind and body) daily or even weekly is an excellent way to feel good about yourself and ready to achieve whatever you want to achieve.

## Why practice mindfulness?

- Understand that stress is a natural response to a challenge
- Pay attention to your thoughts and emotions with kindness
- Transform your anxiety into actions you can take to meet the challenge





## Resources

1. <https://www.youtube.com/watch?v=inpok4MKVLM>

5 minute meditation you can do anywhere, anytime.

2. <https://www.youtube.com/watch?v=n61ULEU7COO>

Lofi Beats to study/relax to.

3. <https://www.youtube.com/watch?v=ZToicYchIOU>

The Daily Calm – 10 minute mindfulness meditation.

4. [https://www.youtube.com/watch?v=hJbRpHZr\\_d0](https://www.youtube.com/watch?v=hJbRpHZr_d0)

Yoga for anxiety and stress – great for the mind AND body.

5. <https://www.mindfulnessscotland.org.uk/digital-resources.html>

These resources have been compiled by the trustees and members of Mindfulness Scotland. They represent resources that we have personally used and found to be helpful and accessible.

6. <https://www.studentminds.org.uk/>

“Student Minds is the UK’s student mental health charity.

We empower students and members of the university community to look after their own mental health, support others and create change.

Together we will transform the state of student mental health so that all in higher education can thrive.”