**Mindful May – Five newsletter articles or staff emails**

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| **Topic 1** | **What is mindfulness?** |
| **Date to be used** | 1 May 2023 |
| **Article** | Being mindful is a way to act spiritually by living in the present moment, reflecting, and noticing the small things. Some of the potential benefits of **regular** mindfulness practice are:   * Reduced rumination and fewer depressive symptoms. * Stress reduction. * Decreased anxiety. * Boosts to working memory. * Improved ability to focus attention and suppress distracting information.   Mindfulness involves tuning into your experiences to focus on what's happening in the present moment and observing those feelings and sensations without judgment. Instead of responding or reacting to those thoughts or feelings, you aim to note them and let them go.  **Read more information on the benefits of mindfulness in this article on the American Psychological Association website: https://www.apa.org/topics/mindfulness/meditation** |
| **Topic 2** | **Beat boredom when waiting in a queue.** |
| **Date to be used** | 8 May 2023 |
| **Article** | Most of us reach for our phones to ‘pass time’. Research shows that people underestimate how much they would enjoy spending time alone with their own thoughts.  A recent study asked participants to wait without distraction and many people reported enjoying themselves more than they thought they would. They described the benefits of being able to take a moment to reflect, think and imagine.  So next time you are waiting in line, or for a friend, or for your coffee order avoid reaching for your phone and take the time to enjoy your surroundings.  **Listen to the findings from a study about waiting four weeks for results and if mindfulness was useful:** [**https://academicminute.org/2017/07/kate-sweeny-university-of-california-riverside-mindfulness-and-the-stress-of-waiting/**](https://academicminute.org/2017/07/kate-sweeny-university-of-california-riverside-mindfulness-and-the-stress-of-waiting/) |
| **Topic 3** | **Yoga benefits the mind and body** |
| **Date to be used** | 15 May 2023 |
| **Article** | Mindful yoga is not just a physical activity focussed on alignment and physical posture. It also incorporates mindfulness by focussing on our breath and non-judgmentally reflecting on our yoga practice. It encourages deep, slow breathing, helping to calm the mind. Other benefits of mindful yoga include:   * Reducing fatigue * Increasing focus and concentration * Boosting energy, mood, self-confidence, and compassion. |
| **Topic 4** | **Mindfulness in nature** |
| **Date to be used** | 22 May 2023 |
| **Article** | Spending time in nature, even in a city setting, has been linked to a host of benefits, including improved attention, lower stress and better mood. When people are mindful in nature it can maximise the experience of being in nature.  Try noticing the sounds and smells around you, the different textures on leaves as you walk past or the breeze on your skin.  Although not a replacement for the real thing, even watching nature through screens can help lower stress levels. Why not change your phone home page image and computer home screens to something nature based for glimpses throughout the day. |
| **Topic 5** | **Mindfulness during the workday** |
| **Date to be used** | 29 May 2023 |
| **Article** | Mindfulness is about developing a sharp, clear mind and can assist with being focussed and avoid distractions. Everyone is different therefore may benefit from mindfulness at different times during the workday or shift for example some people report benefits from deep breathing exercises and others report benefits from strategies that support them not get distracted by others.  Find out more about mindfulness in the workplace in this Harvard Business Review article: https://hbr.org/2022/12/research-when-mindfulness-does-and-doesnt-help-at-work |