

Alternative methods to reduce stress, depression, and anxiety. Worksheet For Tutor

Meditation seeks a natural state of being, all of which is a natural behaviour, this is evident in young children, they very much live in the moment, excited by living with no fear, no concept of dwelling in the past nor predicting the future, no self-pity or regret. All of us possess the natural spiritual state, before the mind, society, and conditioning get hold of us. Once moving away from the authentic meditative spiritual state shaped by society, self-worth based on expectations and other people's opinions. Once we do this, we are seeking approval from the external world to meet those conditions, to feel validation for ourselves. Society shapes a self-concept, allowing yourself to be mindful will improve your overall wellbeing.

Overactive mind, fear, stress, feeling overwhelmed, constricted, anger, anxiety, depression insecurity and low self-esteem.... all leads to the catalyst that is.....

THINKING – THOUGHTS

Physical sensations can be dealt with swiftly if you remove the thinking process. Feeling the emotional distress and the thoughts lead to the emotions, causing a ripple effect of distraught thoughts..

Negativity, fear, and trauma.

Feeling the emotional distress and the thoughts leads to the emotions. We need to sit and learn, simply be mindful. Seeing, feeling, experiences as they really are, rather than what we think they are and how we would like them to be.

Acknowledging the gap between stimulus and response, meaning the distance of an external trigger and our reaction to it. Mindfulness allows you to build, widen the gap, allowing you to have a better understanding of an event or situation and a greater awareness of your natural spiritual behaviour.

1. What does mindfulness mean?

Mindfulness means to give full attention to something. It means slowing down to really notice what you are doing. Mindfulness is the opposite of rushing or multitasking. When you are mindful, you are taking your time. You are focusing in a relaxed, effortless being.

2. What is the main purpose of mindfulness?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you are sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

3. As a group, discuss some principles of mindfulness and understand the interpretations

- **Non-judging** Be an impartial witness to your own experience.
- **Patience** A form of wisdom demonstrates that we accept the fact that.
- **Beginner's Mind.** Remaining open and curious allows us to be receptive to new.
- **Trust** Develop a basic trust with yourself and your feelings.
- **Non-Striving** Trying less, and simply experiencing the moment.

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- **Acceptance** Non-judgement of our present moment experiences. To include accepting our thoughts and feelings, whether positive or negative and immersing ourselves in the present moment without evaluating it.
- **Letting Go** An open, relaxed, non-judgmental acceptance of what is and requires no action, rather a mindful, 'being with' things, as they are.

(c) that the continuance of the pregnancy would involve risk to the life of the pregnant woman, greater than if the pregnancy were terminated; or

(d) that there is a substantial risk that if the child were born it would suffer from such physical or mental abnormalities as to be seriously handicapped.

The 1967 Act does not apply to Northern Ireland, where the abortion law remains governed by the Bourne Decision.

4. How do we practice mindfulness?

How to Practice Mindfulness

1. Take a seat. Find a place to sit that feels calm and quiet to you.
2. Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
3. Notice your body how you are feeling, hear the sounds around you and accept them
4. Feel your breath, focus on your breath in and out
5. Notice when your mind has wandered and bring it back to the breath
6. Be kind to your wandering mind observe and acknowledge

5. There are three qualities/pillars of mindfulness

Focused attention Intention to cultivate awareness (and return to it repeatedly)

Open awareness Attention to what is occurring in the present moment (simply observing thoughts, feelings, sensations as they arise)

Kind intention an attitude that is non-judgmental, curious, and kind.

Endear – endorse – meditate