

WEEK 3: Wellbeing 3

Welcome to Wellbeing Session 3

- Welcome back from Me. I hope you have been keeping as well as you possibly can.
- I can't believe how quickly time seems to be going.
- Today we are going to start as we normally do, with our check in.
- It might seem quite difficult or boring to do the same exercise but this is a useful way to get used to noticing how you actually are, which can hopefully help us to make helpful choices about what is helpful for us to do and what we need today.

Check in

- Guided Visualisation with candle

Mirroring

- Today we are going to begin with a focus exercise and getting in to our bodies by mirroring.
- I will do some moves inspired by the story of the ugly duckling and invite you to mirror me.

Hard Times

- As the duckling transforms from duckling to swan, he faces some incredibly difficult times along:
- 'it would be too sad to tell of all the hardships and wretchedness he has to endure during the cruel winter...'
- Sometimes it is too difficult to put in to words when things are really tough for us.
- We are going to look at some practical techniques today that might help to calm us when we are in the middle of a hard time.

Breathing in to the Now

- There are some techniques we can use to help us become more mindful.
- This is a term we might hear a lot, but simply put it is bringing our attention to focus on the now – which can be helpful if our mind is focusing on something that happened in the past or worries about what will happen in the future.
- One way to do this is focusing on your breath – not only can this help to bring us to the now, it can be a way for our body to tell our brain to calm down.
- Here are some ideas to help you focus on your breath:

- Balloon breathing: pretend you are being blown up like a balloon. Breath in as you are 'blown up' when you have reached a point of being full, pretend the end of the balloon is let go and you deflate – allow your body to follow.
- 5 finger breathing
- 4, 7, 8 technique – breath in for 4, hold of 7, out for 8.
- Use the downloadable sheet to trace the rainbow, breathing in and out.
- You can also spend time colouring the worksheet in – colouring in has been proven to calm down the amygdala in the brain, which is responsible for our feelings of fear. It can help us to be mindful and to focus on the task in front of us.

Thanks, and see you next time

- Thanks for joining, keep breathing and see you next time!

A large, faint watermark logo is centered on the page. It consists of a green vine with several leaves and two buds. The letters 'GSC' are written in a large, pink, 3D-style font across the middle of the vine.

GSC