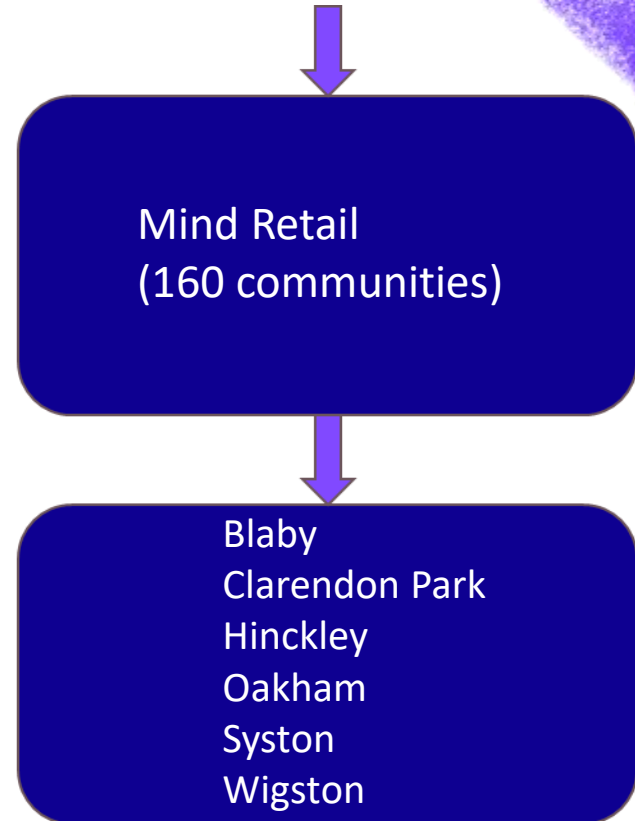
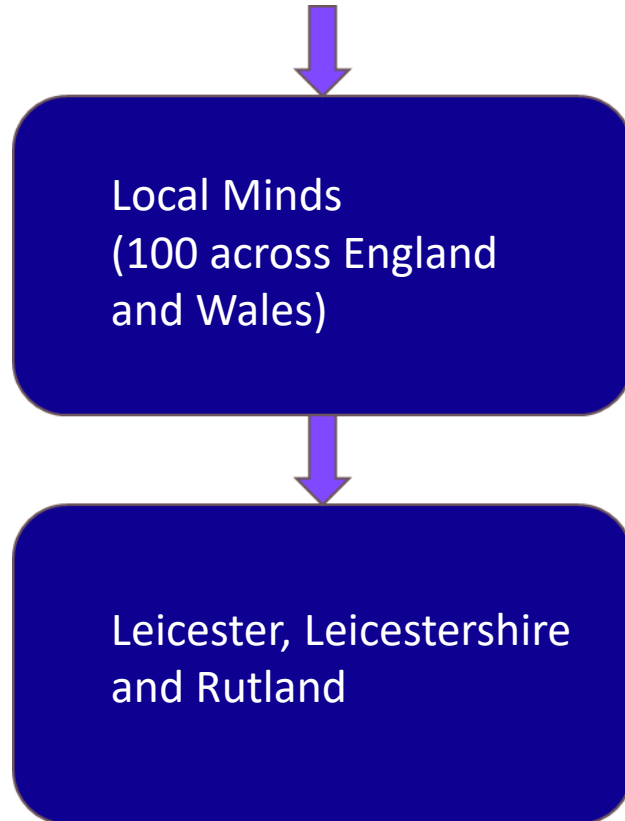




 *Mind*  
Leicester,  
Leicestershire  
and Rutland

# National Mind



# Leicester, Leicestershire and Rutland Mind

## **Our Vision:**

is of a society that promotes good mental health for all.

## **Our purpose:**

is to provide quality support that promotes positive mental health and wellbeing, and campaign to raise awareness, reduce stigma, and address the issues that cause poor mental health.

# Our Values



**Inclusive:** We're here for anybody who needs us



**Innovative:** We're always learning and improving



**Empowering:** We give people control



**Sustainable:** We meet today's needs without compromising future generations.



**Collaborative:** We're stronger together

**Why is Mental Health Important?**

Links with physical health

Improves motivation

Increases your bounce back ability

Improves focus

Is integral to our overall wellbeing

Provides us with a sense of purpose and direction

Provides us with energy

Helps us to realise our abilities

# Impacts on mental health

## Psychological:

- Perceptions
- Beliefs
- Attitudes
- Behaviours

## Physical:

- Physical health conditions
- Head or brain injury/trauma
- Neurological conditions

## Environmental:

- Abuse, trauma or neglect
- Social isolation, loneliness or discrimination
- Bereavement
- Housing
- Finance/debt
- Unemployment/work-related issues

# Signs and Symptoms

## Physical Symptoms:

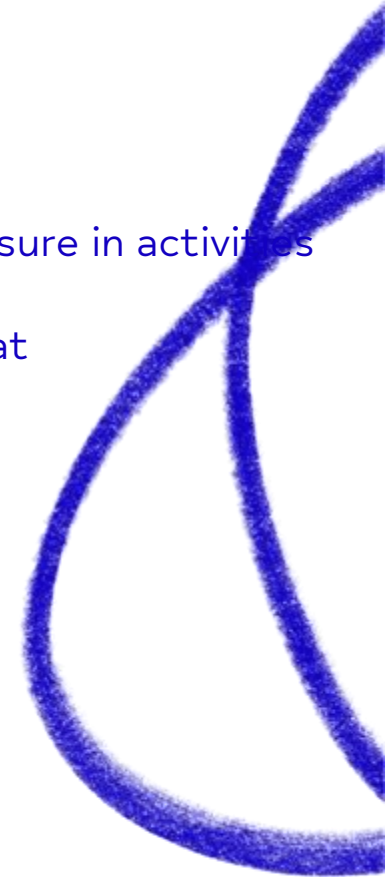
- Tiredness & loss of energy
- Problems with sleep
- Loss of appetite
- Physical aches & pains
- Weakened immune system

## Social effects:

- Taking less interest or pleasure in activities
- Avoiding other people
- Finding it hard to function at work/home/college/school

## Psychological effects:

- Persistent sadness or variations in mood
- Feelings of helplessness or hopelessness
- Undue feelings of guilt or worthlessness
- Self-harm
- Loss of self-confidence or self-esteem
- Difficulties concentrating
- Tearfulness
- Irritability, anger or resentment
- Feeling alone, even if you're in company
- Thinking about suicide & death



# Why do we need to manage our mental health?

Isolation

Unable to deal with life's challenges

Difficulties functioning on a day-to-day basis

Unable to regulate emotions

Lose sense of purpose

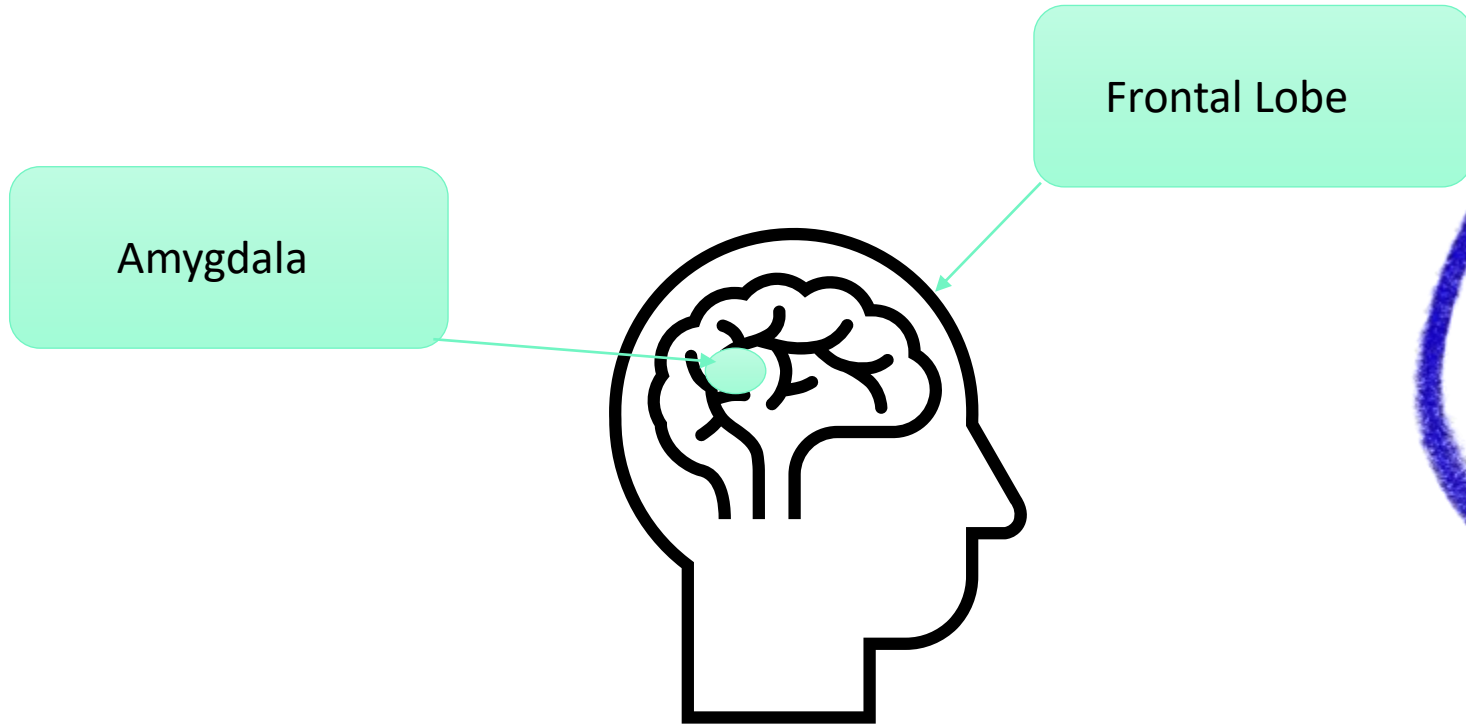
Experience thoughts of self-harm and/or suicide



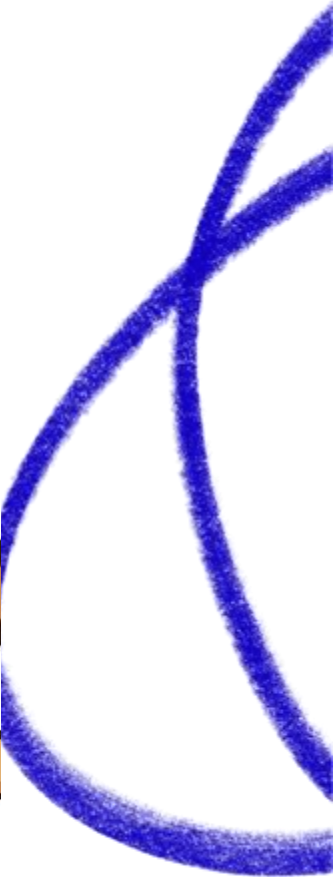
# Introduction to Mindfulness



# How does it work?



# Fight or Flight



# Self Awareness

- Creates a space in which we recognise our thoughts and emotions
- We still feel negative emotions but we can recover more quickly
- We reduce the size of our amygdala, reducing our stress levels and increasing the activity and patterns of our frontal lobe.



# Benefits of Mindfulness

- Health
- Creativity
- Learning
- Memory
- Confidence



# Barriers to Mindfulness

- Time
- Location
- It's not working
- What's in it for me?



# **Guided Practice 1**

## **Mindful Breathing**



# Guided Practice 2

## Five Senses





# Other Mindful Activities

- Mindful eating
- Mindful moving, walking or running
- Body scan
- Mindful colouring and drawing
- Mindful meditation



# Get in touch...

[info@llrmind.org](mailto:info@llrmind.org)

0116 216 4340

