

Sit quietly and notice your breath. Inhale slowly and deeply through your nose. Exhale slowly through your mouth.
Try to think of the word 'relax' as you exhale. You can do this for several minutes to help calm you.

Writing can be therapeutic and help you connect with others. Write a letter to someone you care out; compose a poem or verse.

Getting lost in a good book can help to calm the mind. Ask a friend to recommend something. Find a quiet place, and try to read without distraction.

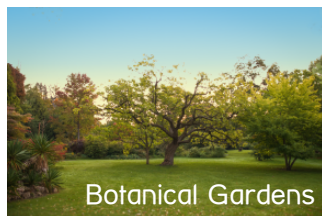
Connect with your senses - one at a time:
•listen to a bird
•notice colours of leaves
•touch the bark of a tree
•smell the fresh air
•taste (take a picnic!)

Don't let the weather stop you getting out in nature! Wrap up with waterproofs and wellies, grab an umbrella!
Engage your senses and notice how sounds, smells, colours and textures change with the weather.

If you have a garden, enjoy mindful moments at home too!

"Whenever I can, I spend time in nature. I love to be surrounded by trees. I take time to sit quietly and clear my mind, being in the moment."

Jason Dorley-Brown



Botanical Gardens



Queen Square



The Circus



Alice Park



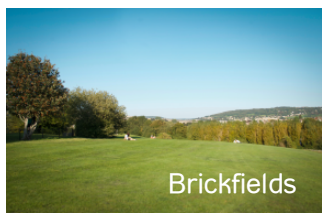
Kensington Meadows



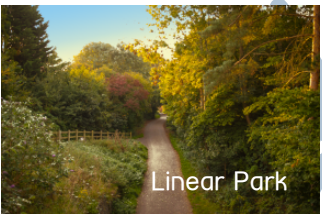
Royal Victoria Park



Green Park



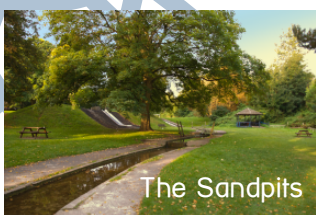
Brickfields



Linear Park



Shaftesbury Road Memorial Garden



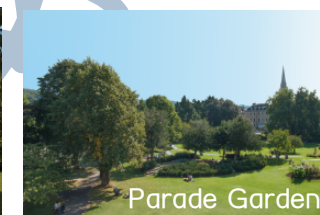
The Sandpits



Bloomfield Park



Alexandra Park



Parade Gardens



Place your feet on the ground. Imagine you have roots like a tree, going deep into the earth, helping to keep you strong with a solid foundation.

Think of three things that you are grateful for. Try this every day, wherever you are! You can write them down or just think in the here and now.

KINDNESS IS EVERYWHERE!
Take a journey of kindness and visit our creative kindness exhibitions:

Kindness Starts With You
Mind Charity Shop, Westgate Street

Kindness Ripples Out
Good Day Cafe, James St West

Kindness is Everywhere
Anthropologie, New Bond Street

A Spoonful of Kindness
The Holburne Museum Cafe

Take a notebook and pens, pencils/paints. Doodle, sketch, paint or draw! Try to focus on this alone, notice how you feel.

SHARE WITH US!

SEND US YOUR MINDFUL MOMENT IDEAS...

jodiehoskin@bathmind.org.uk

WE ARE HERE FOR YOU

Talking to someone is a vital first step.

Compassionate Community Hub
9am-5pm Monday to Friday

0300 247 0050

Breathing Space
5.30pm-11.30pm Every day

01225 983130

Thank you to Jason Dorley-Brown for the beautiful photographs. All photographs ©Jason Dorley-Brown. www.jasondorleybrown.com

Thank you for supporting us on World Mental Health Day: Bath Life, Anthropologie, The Good Day Cafe, InBath Magazine, Pukka Bath Magazine, National Mind Shop.

