

*A 2-week mindfulness &
self-care programme for
students who are isolating*



Curated with love by the Mindfulness
Society committee

On the daily - routines are grounding

Every morning...

- ❑ *Get up at the same time*
- ❑ *Start your day with a mindful morning stretch, aiming to wake up every part of the body*
- ❑ *Drink a glass of water*
- ❑ *Make sure to eat breakfast and enjoy your food mindfully; don't be on autopilot*
- ❑ *Abstain from your electronic devices for at least half an hour*

Every Tuesday at 1.30PM, after the lunchtime meditation, Elizabeth is running a Q&A support session via Zoom and it is particularly aimed at students who are isolating

And you could also...

- ❑ *Meditate*
Never meditated before? Check out this [beginners' guide to meditation](#). Elizabeth English also runs a daily meditation at 1.15PM via Zoom - the link can be found [here](#) (Raven-protected)
- ❑ *Write a short journal entry each day - perhaps when you first wake up or halfway through the day to 'check in' with yourself (see page 4 for suggested journal prompts)*
- ❑ *Treat yourself in the evening with a TV show, a podcast or something else you enjoy and find relaxing. Try not to work beyond 8pm.*
- ❑ *Switch off from your electronic devices an hour before you go to sleep.*

"You'll never change your life until you change something you do daily. The secret to your success is found in your daily life."

John Maxwell

Something new to try each day of your period of isolation...

(it'll be over before you know it!)

<p>DAY 1 Try a guided meditation! Guided meditations from the course run by the University are available on Soundcloud.</p>	<p>DAY 2 Mindful listening - listen to your favourite songs in a new way. Absorb the beat, melody and lyrics with mindful awareness.</p>
<p>DAY 3 If you're new to meditation, listen to Elizabeth English's podcast 'How to Meditate Creatively' If you are a seasoned meditator, why not try an open meditation for 20 mins?</p>	<p>DAY 4 Mindful meal - choose a recipe and prepare and eat your food with an attitude of mindful awareness - check out this guide.</p>
<p>DAY 5 Try Jay Shetty's podcast, <i>On Purpose</i>, for fascinating conversations and mindful insights.</p>	<p>DAY 6 Focus on being thankful today - make a list of all the things you are grateful for in your life.</p>
<p>DAY 7 Dealing with difficulty - reflect on 3 resources you can come back to in times of difficulty and then try this guided meditation.</p>	<p>DAY 8 Mindful movement - combine your morning stretch with a meditation, moving deliberately and slowly, focusing on how each movement feels in the body</p>
<p>DAY 9 Write your train of thought down on a piece of paper, perhaps following a meditation - no filters, no effort, just write...</p>	<p>DAY 10 Try some origami - https://www.origamiway.com/easy-origami-for-beginners.shtml</p>
<p>DAY 11 Write a letter to yourself, showing kindness and compassion, but pointing out opportunities for self-improvement.</p>	<p>DAY 12 Mindful dancing - put on some music of your choice, close the curtains and let your body go - shed your inhibitions because there is no one else around!</p>
<p>DAY 13 Check out Elizabeth's Mindful Puppy Diaries - guaranteed to make you smile, especially if you're a dog lover</p>	<p>DAY 14 Try out one of Simon McKibbin's 'survival and thrival' meditations for coronavirus times - and celebrate the end of isolation! You made it!</p>

Extra resources!

JOURNAL PROMPTS

Appreciation

I am grateful for...

I am so blessed to...

I appreciate my family because...

Self love

I am proud of myself for...

I can be kinder towards myself by...

I forgive myself for...

I feel so beautiful when...

Reflecting on the future

I am going to try...

I am so excited about...

I believe that I can...

I know that I will...

Enjoyment

I feel most energised when...

I am so excited about...

I am happiest when...

Self-improvement

I recognise these strengths in myself...

And these weaknesses....

I know I am capable of...

I can become more patient by...

Reflecting on the past

I have come to peace with...

I have learned to let go...

BOOKS

The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology - Jack Kornfield

The Power of Now - Eckhart Tolle

The Alchemist - Paulo Coelho

The Untethered Soul - Michael Alan Singer

*How to Stay Human in a F*cked-Up*

World: Mindfulness Practices for

Real Life - Tim Desmond

How to Be An Adult in

Relationships - The 5 Keys to

Mindful Loving - David Richo

TV/FILM

'Rewired' with Dr Joe Dispenza

The Secret

Transcendence on Gaia

The Power of the Heart

The Crazy Wise

The Cloud Atlas

PODCASTS

'On Purpose' with Jay Shetty

'Under the skin' with Russell Brand

The Goop Podcast

Super Soul with Oprah

BlindBoy podcast