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Subject: SDConsultancy - Monthly Wellbeing Check-In #6 [Please circulate with candidates]
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Hello everyone,

Spring has well and truly sprung, even if the weather doesn't suggest so!

For this month's instalment of our monthly Wellbeing Check-In at SDConsultancy, we're going to look at **mindfulness**. While some of us might have tried (successfully or not) to 'give up' something for Lent, this April I'm going to encourage you to try 'take up' being more mindful.

You might have already heard of mindfulness, it refers to our ability to maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better.

Never tried it? Why not give it a go and follow this 3-minute instructional video (if you don't like raisins, use something you do like... I used an orange segment). You might find it useful or you might not! Mindfulness isn't for everyone, but I'd encourage you to see for yourself: <https://www.youtube.com/watch?v=z2Eo56BLMjM>.

In reality, mindfulness is more than just about eating a raisin, so for more information, please see the link below from the NHS:

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

As per usual, if you would like to arrange a catch up in relation to your wellbeing, or to find our more information, then please contact myself at wellbeing@sdconsultancy.org.uk.

Take care,

Doug Crawford
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How are you coping? Would you like to talk to someone about issues at work or with your learning? Please check out www.sdconsultancy.org.uk/wellbeing for anonymous and impartial advice relating to your mental health & wellbeing.