

MINDFULNESS TOP TIPS

Mindfulness is not an answer to COVID-19... but it helps many people, and it could help you.

Mindfulness is like any skill - you get better at using it with practice (be kind to yourself)

Struggling to "switch off" between shifts? Mindfulness may help you bring thoughts and attention back into the present

Mindfulness can't take away difficult feelings but we hope you find it can help you cope better

Choose at least one "grounding" practice - ideally one for "anytime-anyplace-anywhere"

Choose what you already know works or try Mayfly's bespoke COVID19 practices

Don't just wait until you need 'mindfulness' - practice using it so it's there when you do

It's good to link rehearsal of your mindfulness practice to a regular event at work or home

*It's also important to know which mindfulness techniques **not** to use, when you may be experiencing upsetting events at work:*

*It's probably **not** helpful to "sit with" difficult feelings*

*You may also find that focusing on your breathing is **unhelpful**: try starting with the @MayflyMindful COVID-19 practices instead*

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