

People Health and Wellbeing

Mindfulness - August 2023

What is Mindfulness

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training our minds to focus on the here and now, and to let go of thoughts and feelings that are not helpful.

Mindfulness is a skill that can be learned and practiced over time. It has been shown to have a number of benefits. By becoming more aware of the present moment, we can enjoy the world around us more and understand ourselves better.

How can mindfulness help you

- Reduces stress and anxiety
- Improves focus and concentration
- Increases self-awareness
- Enhances creativity and problem-solving skills
- Promotes better sleep
- Boosts your immune system

How to practice mindfulness

1)



Take a seat

3)



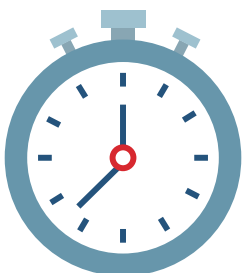
Notice your body

5)



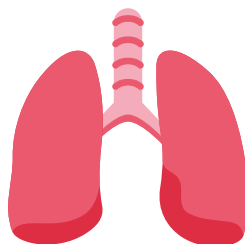
Notice when your mind
has wandered and
refocus

2)



Set a time limit

4)



Feel your breath

6)



Be kind to yourself

Mindfulness Resources

[Insight Timer](#)

[Be Mindful](#)

[Yoga](#)

[EWS: Introduction to Mindfulness](#)

[Palouse Mindfulness](#)

[Headspace](#)

[Local Courses](#)

August Wellbeing Workshops

Introduction to Assertiveness (ONLINE)



**Tuesday 1st August
9:30am - 11:30am**

Introduction to Assertiveness (IN PERSON)



**Tuesday 1st August
9:30am - 11:30am**

Introduction to mindfulness (ONLINE)



**Tuesday 8th August
12pm - 1pm**

Introduction to mindfulness (IN PERSON)



**Tuesday 8th August
12pm - 1pm**

August Wellbeing Workshops

Stress Risk Assessment for Managers (ONLINE)



**Wednesday 9th August
9:30 am - 11:30am**

Stress Risk Assessment for Managers (IN PERSON)



**Wednesday 24th August
09:30am- 10:30am**

Wellbeing Champion Training (ONLINE)



**Wednesday 16th August
9:30am - 1:30pm**

Wellbeing Champion Training (IN PERSON)



**Wednesday 16th August
9:30am - 1:30pm**

August Wellbeing Workshops

Menopause Awareness workshop (ONLINE)



**Tuesday 22nd August
1pm - 3pm**

Menopause Awareness workshop (IN PERSON)



**Tuesday 22nd August
1pm - 3pm**

Menopause Café (ONLINE)



**Tuesday 29th August
1pm - 2pm**

Introduction to Compassion and Self-Care (ONLINE)



**Wednesday 30th August
1pm - 4pm**

August Wellbeing Workshops

Introduction to Compassion and Self- Care (IN PERSON)



**Wednesday 30th August
1pm - 4pm**

**For more information regarding our
workshops or drop ins, you can find more on
our
twitter page or by scanning our website QR**

code:



@EWS_CAVUHB



 **EWS Website**

Further Support for everyone

Cultural Cwtsh

A suite of fun and stimulating online resources made by artists as support for the health care workforce in Wales, to assist on the recovery from the intense pressures of working throughout a pandemic. Offering an alternative, additional approach to supporting wellbeing and the wider package of resources that HEIW (Health Education Improvement Wales) is developing to support our frontline health care staff.

The Employee Wellbeing Service can provide support through counselling, guided self-help and signposting to other resources or services. Contact the Employee Wellbeing Service on 02921 844465 or employee.wellbeing@wales.nhs.uk.

Canopi offers a free, confidential service that provides mental health support to NHS and social care staff working in Wales.

Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

Maximus offers a free, confidential service to any employee with mental health difficulties that affect their work.
www.maximus.co.uk.

Coming up in September

September 10th is Suicide Prevention Day and our newsletter will focus on ways to support yourself and others during difficult times.



PEOPLE HEALTH &
WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing
Health Intervention



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board