

People Health and Wellbeing

Mindfulness - August 2022

What is Mindfulness?

Mindfulness can be described as paying attention to what we are experiencing in this moment and doing so with a particular attitude: one of curiosity, openness, acceptance and warmth. It's about learning (or re-learning) how to be present and becoming aware of what's going on – right here, right now.

How does mindfulness help?

By becoming more aware of the present moment, it can help us enjoy the world around us more and understand ourselves better. It can help us feel calmer and less stressed, cope with difficult or unhelpful thoughts, and be kinder towards ourselves.

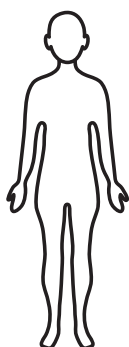
How to practice mindfulness

1)



Take a seat.

3)



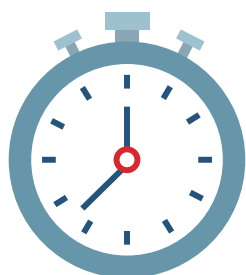
Notice your body

5)



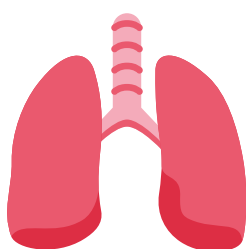
Notice when your mind has wandered and refocus

2)



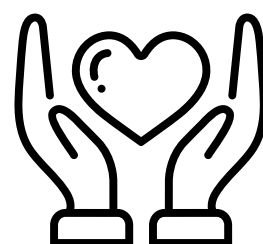
Set a time limit

4)



Feel your breath

6)



Be kind to yourself

Resources which explore mindfulness

[Insight Timer](#)

[Be Mindful](#)

[Yoga](#)

[EWS : Introduction to Mindfulness](#)

[Palouse Mindfulness](#)

[Headspace](#)

[Local Courses](#)

August Wellbeing Workshops

Menopause Awareness Workshop



Wednesday 3rd August
1pm - 3pm

Stress Risk Assessment for Managers



Friday 5th August
1pm - 3pm

Introduction to Assertiveness



Wednesday 10th August
09:30am - 11:30am

Introduction to Compassion and Self-Care



Friday 19th August
1pm - 3pm

August Wellbeing Workshops

**Long Covid peer support
group**



**Monday 22nd August
1pm - 2pm**

**Introduction to
mindfulness.**



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

**Employee Health and
Wellbeing Q&A Managers**



**Wednesday 24th August
10:00am - 11:30am**

Menopause Cafe



**Wednesday 31st August
1pm- 2pm**

Information Drop in session:

**Friday 12th August
Bute Town Medical Centre:
12:30- 2pm**

**Friday 26th August
Woodland House:
12:00- 1:30pm**

**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

Remploy offers a free, confidential service to any employee with mental health difficulties that affect their work. Call: 0300 456 8025 or email waleswhp@mail.www.remploy.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