

MINDFULNESS FOR STUDENTS



A GUIDE TO SUPPORT YOUR WELLBEING



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SUFFERING FROM STRESS?

These are stressful and uncertain times for us all and it is totally normal to feel anxious and scared.

Sometimes you may feel overwhelmed by these feelings. Mindfulness techniques can help you manage these emotions.

The aim of this guide is to briefly explain mindfulness and how it can help you outline some quick exercises you can do to help manage stress.

WHAT IS MINDFULNESS?

At its heart mindfulness training teaches how to pay attention **in the present moment**.

Mindfulness training for students gives you tools to help you remain calm, sustain your attention and be able to focus more consistently and appropriately in the face of demands and pressure.

It does this by helping you to pay attention to the present moment through breathing and mindfulness practises including, scanning the body, meditation, eating and movement these practises increase awareness of thoughts and feelings so as to reduce stress and anxiety and boost levels of concentration.

There is a growing focus and interest in Universities and Higher Education to attend to student wellbeing. Furthermore, a number of universities both in the UK and elsewhere have begun to address the impact of stress on learning and are offering mindfulness training to their students as part of their wellbeing.

WHY IS MINDFULNESS PARTICULARLY APPROPRIATE FOR STUDENTS?

Successful completion of a degree programme inevitably involves periods of stress. Mindfulness Training can offer all students tools that help:

- **Students who are performing well to perform even better as well as assisting those who are struggling**
- **To minimise the negative effects of stress as and when they are occurring**
- **To manage low mood/depression and reduce anxiety**
- **To maximise general well-being building tools for life such as empathy, self-compassion, emotional resilience and tolerance**

IS THERE ANY SCIENCE BEHIND MINDFULNESS?

There is a large and growing body of research showing the evidence for the effectiveness of mindfulness techniques. Research on the benefits of mindfulness has been gathered from a wide range of different settings, this includes neuroscientific evidence.

For more info on Mindfulness research at LJMU visit:

www.ljmu.ac.uk/aboutus/news/blog/2018/10/3/mindfulness-meditation-tenminutes-a-day-improvescognitive-function



MINDFULNESS TRAINING AT LJMU

FEELING UNDER PRESSURE? TRY THIS TWO MINUTE STRESS BUSTER

Are you revising, feeling stressed out and under pressure, perhaps with exams coming up? Did you know that taking a mindful moment can help you concentrate and focus, it will also strengthen your immune system and helps to switch your nervous system out of flight/fight mode and into a relaxed aware state...

Try this short stress buster

5 senses drill ...

- * **Pause what you are doing for a moment and take one or two deep breaths to help bring you into the present moment.**
- * **Look around you, and silently name three things that you see in your immediate vicinity.**
- * **Now opening to the sounds around you, silently note and name three things that you can hear right now.**
- * **Bringing your attention to your body, silently name three sensations that you can feel in this moment (maybe warmth, tingling, contraction, coolness).**

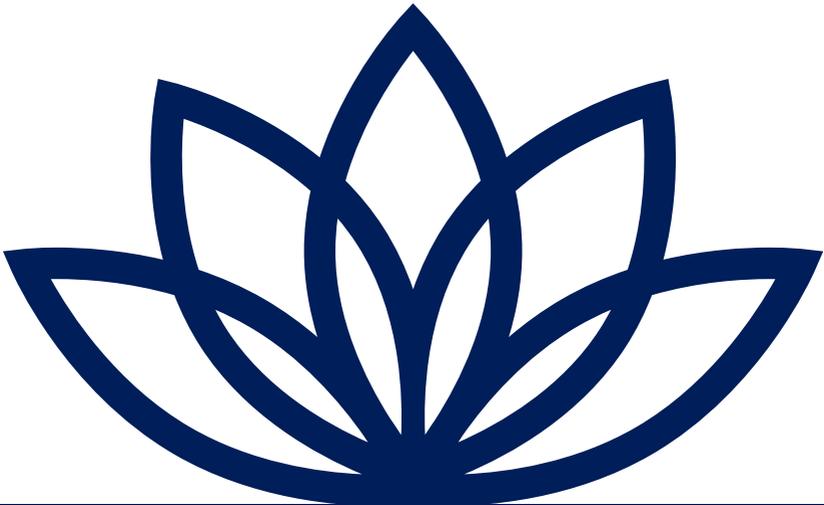


* Bringing your attention to smell and taste, what do you notice in your immediate awareness when you bring your attention to these senses- lightly name what you experience.

* Take one or two breaths to finish this mindfulness exercise.

Repeat this exercise every now and then to deliberately bring your awareness to what is happening in the present moment and to build your resilience to deal with exam anxiety and general pressures around this time of the academic year by cultivating mindfulness in this way

For further information or to book on our **Mindfulness workshops** please visit saw.ljmu.ac.uk



We are here to help, so please just ask us!

☎ 0151 231 3664 @ studentengagement@ljmu.ac.uk
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**NEED
HELP?** **JUST
ASK**