

Mindfulness Resources

“**Mindfulness** means paying attention in a particular way - on purpose, in the present moment and non-judgementally ”

Jon Kabat-Zinn

Student Mindfulness Meditation Drop-in

Fridays (Term Time) 13:00—13:45,
Wellbeing Centre, 28 University Road

No need to book—all levels of
experience welcome.

Guided meditation practices and a
chance to find out more about
mindfulness.

Student Mindfulness Courses & Workshops

(Various dates)

Longer courses and one off workshops
at various times of the year –see the
Enabling Services website for further
information.

BOOKS

Mindfulness: A practical guide to finding peace in a frantic
world : *Mark Williams, Danny Penman*

The Mindful Way Workbook: *Mark Williams, John Teasdale and
Zindel Segal*

WEB

mindfulnessforstudents.co.uk

bemindful.co.uk

bangor.ac.uk/mindfulness

oxfordmindfulness.org

franticworld.com

mindfulnet.org

APPS

Headspace

Stop Breathe & Think

Calm

For more information on the Mindfulness drop-in and longer courses see the events
page of the Enabling Services website:

southampton.ac.uk/edusupport

A Three Step Breathing Space

A meditation that can be done in as little as three minutes. It can be used to punctuate the day and help ground you when your thoughts are feeling scattered or you are feeling under pressure.

1

Acknowledging

Bring yourself into the present moment by deliberately adopting a dignified posture.

Then ask: 'What is going on with me at the moment?'

Notice and acknowledge your experience, instead of turning away. Accept all your experiences in the body, your emotions and thoughts, and stay with them for a few moments, allowing any negative feelings or experiences to be present.

You may find it helpful to name the experience: for example 'Here is anxiety'; 'Here is tension'; or 'Here is too much to do'.

2

Gathering

Then gently focus your full attention on your breath. Experience fully each in-breath and each out- breath as they follow one another.

The breath can function as an anchor to bring you into the present and help you tune in to a state of awareness and stillness.

3

Expanding Awareness

Expand your awareness around the breathing to the whole body, and the space it takes up, as if your whole body is breathing. Have a sense of the space around you, too. Hold everything in awareness.

This sequence is rather like an hour-glass. Wide focus, followed by narrow focus, followed by wide.

Mindfulness is “keeping one’s consciousness alive to the present reality”

Thich Nhat Hanh