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

Jon Kabat-Zinn

Mindfulness Resources

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.

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

BOOKS

mindfulnessforstudents.co.uk oxfordmindfulness.org
bemindful.co.uk franticworld.com
bangor.ac.uk/mindfulness mindfulnet.org

WEB

Headspace
Stop Breathe & Think
Calm

APPS

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