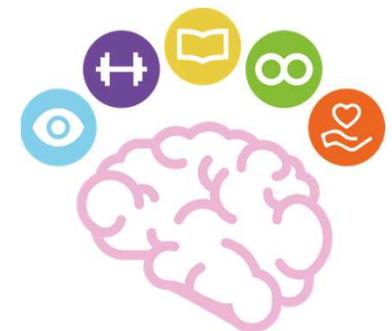


# Take Notice of Yourself



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

Learning outcome: How practicing mindfulness through a body scan can help to relieve stress



Wellbeing

# *Learn to have compassion for yourself and treat yourself like your best friend.*



Sometimes you can be so caught up in your stress that you don't realize that the physical discomfort you're experiencing—such as headaches, back and shoulder pain, and tense muscles—is **connected to your emotional state**.

Taking notice of yourself and how you are feeling is the only way you will be able to start to look after your own wellbeing and treat yourself 'like your best friend'.

Many people, including **celebrities** have turned to **mindfulness and meditation** to help control the stresses in their daily lives and are now advocates for these methods for improved wellbeing.



Meditation app **Headspace**, for example, released a new **Netflix show** in early January, ***Headspace Guide to Meditation*** (with two more series planned) and, last year, inked a deal with Kevin Hart's production company to produce content, on the principle that laughter is the best medicine.



The **Calm app** has used famous voices — in addition to Harry Styles, there's Matthew McConaughey, Idris Elba, Laura Dern, Kate Winslet and Lucy Liu, to name just a few — for its Sleep Stories, atmospheric tales aimed at lulling listeners into a peaceful slumber.



....and Chris Hemsworth's health and fitness app, **Centr**, features guided meditations read by Thor himself.

# The Body Scan method



TUNE IN  
and  
FEEL the  
Calm.

Body scan meditation is a good way to **release physical tension** you might not even realise you're experiencing.

Body scanning involves **paying attention to parts of the body and bodily sensations** in a gradual sequence from feet to head.

By mentally scanning yourself, you bring **awareness to every single part of your body**, noticing any aches, pains, tension, or general discomfort. The **goal** is not to relieve the pain completely, but to **get to know and learn from it so you can better manage it**.



Have a go using the guide on the next slide...

**NOTE: This technique might not suit everyone and there is no pressure to try it if you don't want to...**

## Mindfulness Activities: Body Awareness

Meditation can help us to clear our thoughts, enabling us to concentrate better. It can also help to lower levels of stress and anxiety by reducing negative emotions.

The idea of this exercise is to relax your body, remain still and then begin to focus on each part of the body and how it feels. Set a timer for 10 minutes and move through each step.

### Step 1

**Lie on your back or sit on a comfortable chair and close your eyes.**

Relax your arms and make sure your palms are facing up. Your feet should be slightly apart.

### Step 2

**Bring your attention to your breathing.**

Focus on the rhythm of breathing in and out. You could try bringing your attention to an area where you can feel the breath more easily, such as the nose or the belly.



### Step 3

**Bring your attention to your body.**

Notice how your body feels. This could be anything from the chair or ground beneath you to how your clothing feels.



### Step 4

**Now think about the different parts of your body.**

Focus on different parts of your body and how each area feels. For example, notice if different parts feel heavy or light or whether there is no sensation at all.

Start with your toes and then move upwards:

- |              |              |              |  |
|--------------|--------------|--------------|--|
| • toes       | • abdomen    | • elbows     | • face and head (mouth, nose, eyes, ears, forehead, top of head, back of head) |
| • feet       | • chest      | • lower arms |  |
| • lower legs | • lower back | • wrists     |  |
| • knees      | • upper back | • hands      |  |
| • upper legs | • shoulders  | • fingers    |  |
| • pelvis     | • upper arms | • neck       |  |

### Step 5

**Open your eyes.**

Slowly blink your eyes open. You could put your hands over them first to help with gradually adjusting to the light. Wait a moment before standing up by taking a deep breath and exhaling.

# How do you think the body scan could help athletes when competing?

## Mindfulness for athletes

One area athletes tend to struggle with during competition is staying in the present moment.

Many athletes, professional or amateur are guilty of thinking ahead or behind rather than being fully present in what they are doing.

Studies have suggested that performance outcomes depend on how much an athlete accepts their own positive or negative thoughts and feelings (called **experiential acceptance**) and maintains focus on the task at hand.



**Novak Djokovic**



Notable sport stars who use mindfulness and meditation include: **Novak Djokovic, the LA Lakers, the Seattle Seahawks, Kobe Bryant, Misty May-Trainor, Kerri Walsh,** and of course many more!

**Kerri Walsh**



**Kobe Bryant**

Athletes find mindfulness helps them to be **process-oriented and less anxious**, allowing them to enjoy **better health and improved performance**.

# Reflection

**Discuss the following questions as a class or in pairs:**

- Do you think the body scan technique is something you would be likely to try?
- Do you think you would find it difficult to do at first?
- How could your surroundings help you focus if you wanted to try the body scan e.g. sounds, temperature, sitting/lying down.

**In school:** tutor, trusted adult, SSS, Report it button on website.

**Outside of school:**

**Locally,** Forward Thinking Birmingham offer support for people aged 0-25years.

<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

**Nationally** Kooth provide online support and signpost related services for young people.

<https://www.kooth.com/urgent-support>

**Nationally,** Young Minds is a national charity providing resources and advice for young people.

<https://youngminds.org.uk/> If you need urgent help text YM to 85258

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**Wellbeing**

You can also go onto the Arthur Terry school website – Wellbeing tab and click on ‘Report a Concern’

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

**Are you worried about something or someone?**

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

Wellbeing
Exam Support
Information and Support directory
MINDFULNESS
Parent support
Student Support Services
Virtual Wellbeing Board
Weekly Wellbeing 2020
Weekly Wellbeing 2021
Working Healthily At Home