

Major Trauma Wellbeing Group

Session Summary: Mindfulness and Relaxation

Understanding Relaxation

Relaxation is a process of moving toward a state where you feel calm and able to manage stress and the daily challenges of life. It can reduce symptoms of depression, anxiety and stress. It can also improve overall mood.

What are the benefits?

- **Improving:** Mood and Concentration
- **Reducing:** Symptoms of depression, anxiety and stress; Muscle tension and chronic pain; Fatigue; Anger and Frustration.
- **Lowering:** Heart rate, Breathing, and Blood pressure



Types of Relaxation

There are many different ways to relax and it is important to find the way that works for you. Examples of common relaxation activities are....

- Listening to music
- Resting in a quiet space
- Exercising
- Socialising with friends
- Watching TV or your favourite film
- Spending time outdoors



There are also a range of specific relaxation exercises which you can learn and may help you relax. For example;

- Visualisation,
- Breathing exercises
- Progressive muscle relaxation

Understanding Mindfulness

Mindfulness (often confused with relaxation) is paying attention in a particular way: On purpose, present in the moment, curious but without judgement. It is a skill that develops with practice.

What are the benefits?

- **Improving:** Concentration, Mood and Energy levels.
- **Reducing:** Anxiety and Pain intensity

How to be more mindful:

Try reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness.

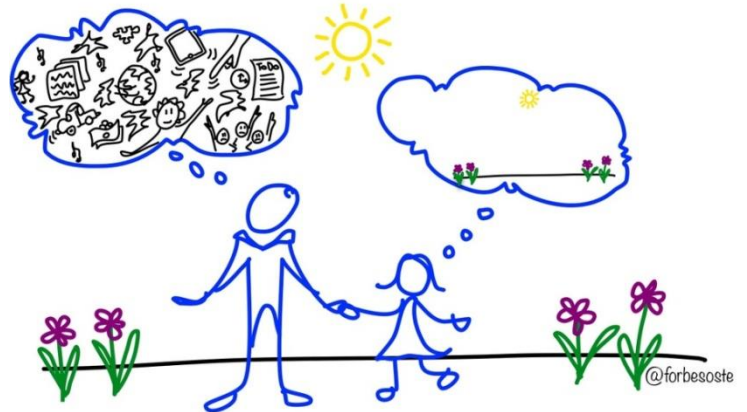
Keep it regular by picking a time in the day during which you can decide to be aware of the sensations created by the world around you.

Challenge the “autopilot” mode by noticing the sensations of things like the food you eat or the air moving past the body as you walk.

Useful Resources:

- **Apps:** Calm, Headspace, Breathe, Smiling Mind, Mindfulness Coach
- **Websites:** YouTube type “Stop. Breathe. Think.”

Mind Full, or Mindful?



Goals

Goal-setting is essential to achieving positive outcomes in rehabilitation – we suggest that you make your goals “SMART”:

Specific

- Make it clear what you wish to work on

Measurable

- Work out a way of quantifying your success

Achievable

- Your goal should be something you can plan to achieve

Realistic

- Practical in a way that can be attained in real life

Time-Bound

- Helps to make the goal more focussed

My Goal:

Choosing a goal can help you to develop a clear, achievable plan to work towards improving your sleep. You may wish to write your goal here;

If you have any questions about the Major Trauma Wellbeing Group please contact:

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