**Mindfulness Meditation and Covid 19**

**Brent Knoll School Community**

**Staff Parents Children**

**Covid19 is massively impacting on the whole of society, creating challenging situations for all of us**

* **Stuck indoors, unable to be with loved ones who are ill, in hospital or self-isolating**
* **Increased pressures and tensions for our children and partners**
* **Feeling lonely, low mood, anxious , irritable, experiencing intrusive thoughts**
* **Unable to work and/or overwhelming stress while in work**

Mindfulness is a relatively new branch of psychology, primarily used to help a person therapeutically. One of the key components of mindfulness and meditation is it helps us be more in charge of our emotional responses and resulting behaviours, especially when they are over loaded like now.

I have created a step by step written guide and an audio file which guides you through the stages to self-initiate, and to further develop your meditation. The intention is to help you relax physically and mentally and so become:

**Calm Resourceful Stable**

Regular practice will create calm, resourceful and stable feelings during your meditation. It will also impact positively into your everyday life, helping you feel more calm, self-assured and stable especially at times of imminent stress, tension, or conflict.

Daily practice of the techniques will realise maximum benefit.

1. Read and familiarize yourself from the handout how to prepare yourself for the mindful meditation, ie being comfortably seated, softening/closing your eyes, being quiet and still and focusing on each in and out breath.
2. Then, listen to the audio file while allowing the space for physical and mental relaxation to begin.
3. Have the self-discipline to continue your mindful meditation in silence for at least 5 or 10 additional minutes.
4. Afterwards, pause, and reflect upon your internal experience and make written notes of your levels of physical and mental relaxation, of how you are feeling and any visualisation, sensations you feel and their effects.

Recording your progress is an essential part of progression as meditation experiences are easily forgotten. The act of remembering calm, positive, pleasurable experiences at later times serves well to help calm, self-assured feelings to re occur more frequently and firmly.

Mindful Meditation is straightforward enough but is not necessarily easy for everyone. Your self-discipline, commitment to practice and participation will reward you with success. So keep going

My intention in creating this introduction, along with a separate written handout and an audio file is so that you can be self-sufficient in your developing practice and success.

I regularly use this structure and guidance for the children who attend the Mindful meditation sessions in Brent Knoll School.

I welcome your questions, comments and if there is any further help or guidance, please do ask

Sincerely wish you well

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