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Mental Health & Wellbeing

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

This workbook is designed to help you develop mindfulness skills and practical techniques to support everyday calm and emotional wellbeing. It is not intended to diagnose or treat any mental health condition.

If your mental health is significantly affecting your daily life, please speak with your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you accept responsibility for your own wellbeing and decisions.

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PAGE 1 – What Is Mindfulness?

 Understanding mindfulness

Mindfulness is the practice of paying attention to the present moment with openness and without judgement.

It helps us notice our thoughts, feelings and surroundings instead of becoming caught up in worries about the past or future.

Mindfulness doesn't remove life's challenges, but it can help you respond to them with greater calm and clarity.

Benefits of mindfulness

- ☐ Reduces stress.
- ☐ Helps calm anxious thoughts.
- ☐ Improves focus.
- ☐ Supports emotional wellbeing.
- ☐ Encourages better sleep.
- ☐ Improves self-awareness.
- ☐ Helps manage difficult emotions.
- ☐ Promotes relaxation.
- ☐ Improves patience.
- ☐ Encourages gratitude.

Reflection

What would I like mindfulness to help me with?

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PAGE 2 – Checking In With Myself

Taking a moment to notice how you're feeling is the first step towards mindful living.

♥ Right now I feel...

- ☐ Calm.
- ☐ Happy.
- ☐ Anxious.
- ☐ Stressed.
- ☐ Tired.
- ☐ Overwhelmed.
- ☐ Hopeful.
- ☐ Frustrated.
- ☐ Sad.
- ☐ Other

♥ What do I notice in my body?

♥ What do I need right now?

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PAGE 3 – Taking My First Mindful Moment

You don't need hours to practise mindfulness.

Even one minute of paying attention to your breathing or surroundings can make a difference.

♥ Today I will...

- ☐ Take five slow breaths.
- ☐ Spend one minute in silence.
- ☐ Notice five things I can see.
- ☐ Listen carefully to the sounds around me.
- ☐ Put my phone away for ten minutes.
- ☐ Enjoy a hot drink mindfully.
- ☐ Take a slow walk.
- ☐ Practice gratitude.
- ☐ Celebrate this small step.

♥ My first mindfulness goal

♥ How did it make me feel?

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PAGE 4 – Mindful Breathing

Your breath is always with you.

When life feels busy or overwhelming, returning your attention to your breathing can help calm your mind and body.

♥ Today I will...

- ☐ Take slow breaths.
- ☐ Breathe in through my nose.
- ☐ Breathe out slowly through my mouth.
- ☐ Relax my shoulders.
- ☐ Focus only on my breathing.
- ☐ Let distracting thoughts pass.
- ☐ Be patient with myself.
- ☐ Notice how my body feels afterwards.

♥ How did mindful breathing make me feel?

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PAGE 5 – Using My Senses

Mindfulness helps us connect with the present moment through our senses.

♥ Right now I notice...

Five things I can see

Four things I can touch

Three things I can hear

Two things I can smell

One thing I can taste

♥ How do I feel after this exercise?

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PAGE 6 – Letting Thoughts Come and Go

Thoughts are a natural part of being human.

Mindfulness encourages us to notice thoughts without judging them or getting caught up in them.

Imagine your thoughts as clouds passing across the sky.

♥ Today I noticed these thoughts...

♥ Can I let these thoughts pass without judging them?

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I felt most present when...

♥ One mindful moment I enjoyed

♥ One thing I'm grateful for

♥ One thing I'll practise tomorrow

♥ Remember

Mindfulness isn't about having an empty mind.

It's about gently bringing your attention back to the present whenever your mind wanders.

Every mindful breath...

Every quiet moment...

Every act of self-awareness...

Is helping you build greater calm, focus and emotional wellbeing. 

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PAGE 8 – Mindful Walking

Mindfulness doesn't only happen when you're sitting still.

Walking mindfully can help you slow down, notice your surroundings and reconnect with the present moment.

 During my walk I will...

- ☐ Notice my breathing.
- ☐ Feel my feet touching the ground.
- ☐ Listen to the sounds around me.
- ☐ Notice the colours I can see.
- ☐ Feel the fresh air on my skin.
- ☐ Walk without rushing.
- ☐ Put my phone away.
- ☐ Appreciate the present moment.

♥ What did I notice during my walk?

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PAGE 9 – Practising Gratitude

Taking time to notice the good things in life can help shift your attention away from constant worry.

Gratitude doesn't ignore difficulties—it helps you recognise moments of hope and positivity alongside them.

♥ Today I'm grateful for...

1.

2.

3.

♥ Something that made me smile today

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PAGE 10 – Mindful Eating

Eating mindfully means slowing down and paying attention to your food instead of rushing through meals.

♥ During my next meal I will...

- ☐ Eat slowly.
- ☐ Notice the flavours.
- ☐ Notice the smells.
- ☐ Chew carefully.
- ☐ Put my phone away.
- ☐ Appreciate the food I'm eating.
- ☐ Listen to my body's hunger and fullness.
- ☐ Enjoy the moment.

♥ What did I notice?

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PAGE 11 – Weekly Reflection

Take a few moments to reflect on your mindfulness journey this week.

♥ This week I felt calmer when...

♥ My favourite mindfulness exercise was...

♥ One thing I've learned about myself

♥ My goal for next week

♥ Remember

Mindfulness isn't about changing who you are.

It's about becoming more aware of your thoughts, feelings and experiences with kindness and curiosity.

Every mindful breath...

Every quiet moment...

Every gentle pause...

Helps you build a calmer, healthier and more balanced life. ♥

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PAGE 12 – Practising Acceptance

Mindfulness teaches us that we don't have to fight every thought or feeling.

Some experiences cannot be changed immediately, but we can choose how we respond to them.

Acceptance is not giving up—it's allowing yourself to experience the present moment without harsh judgement.

♥ Today I will...

☐ Accept how I'm feeling.

☐ Let go of self-criticism.

☐ Focus on what I can control.

- ☐ Be patient with myself.
- ☐ Take one slow breath at a time.
- ☐ Allow difficult feelings to pass.
- ☐ Treat myself with kindness.
- ☐ Keep moving forward.

♥ One thing I'm learning to accept

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PAGE 13 – Creating Moments of Calm

You don't have to wait until you're stressed to practise mindfulness.

Creating small moments of calm every day can improve your wellbeing over time.

♥ Today I will...

- ☐ Sit quietly for five minutes.
- ☐ Listen to calming music.
- ☐ Spend time in nature.
- ☐ Watch the clouds.
- ☐ Read a few pages of a book.

☐ Stretch gently.

☐ Enjoy a warm drink slowly.

☐ Put my phone away for a while.

♥ My favourite calming activity

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PAGE 14 – My Mindfulness Journal

Take a few moments to reflect on today.

♥ Today I noticed...

♥ I felt calmer when...

♥ One thing I'm grateful for

♥ One mindful habit I'll practise tomorrow

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PAGE 15 – Weekly Reflection

Take time to recognise your progress.

♥ This week mindfulness helped me...

♥ One thing I'm proud of

♥ One positive change I've noticed

♥ My goal for next week

♥ Remember

Mindfulness isn't about escaping life.

It's about experiencing life with greater awareness, compassion and balance.

Every mindful breath...

Every moment of gratitude...

Every gentle pause...

Is helping you build a calmer mind and a healthier, more peaceful life. ♥

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PAGE 16 – Mindful Self-Compassion

We can often be much kinder to others than we are to ourselves.

Mindfulness encourages us to treat ourselves with understanding, patience and compassion, especially during difficult times.

♥ Today I will...

☐ Speak kindly to myself.

☐ Accept that I don't have to be perfect.

- ☐ Forgive myself for mistakes.
- ☐ Celebrate small achievements.
- ☐ Rest when I need to.
- ☐ Be patient with my progress.
- ☐ Focus on what I've done well.
- ☐ Remember that I'm doing my best.

♥ One kind thing I'll say to myself today

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PAGE 17 – Finding Calm in Nature

Spending time in nature can help slow racing thoughts and bring your attention back to the present.

You don't have to travel far—even a garden, local park or sitting by a window can help.

♥ Today I will notice...

- ☐ The colours around me.
- ☐ The sounds of nature.
- ☐ The fresh air.

- ☐ The warmth of the sun.
- ☐ The movement of trees or clouds.
- ☐ Birds or wildlife.
- ☐ The feeling of the ground beneath my feet.
- ☐ A moment of peace.

♥ What did I notice today?

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PAGE 18 – My Mindfulness Success Journal

Mindfulness grows stronger with regular practice.

Every mindful moment is a success worth recognising.

♥ Today I...

- ☐ Practised mindful breathing.
- ☐ Took a mindful walk.
- ☐ Noticed my thoughts without judging them.
- ☐ Took a break from technology.

- ☐ Enjoyed a quiet moment.
- ☐ Practised gratitude.
- ☐ Stayed present during a conversation.
- ☐ Showed kindness to myself.
- ☐ Celebrated my progress.

♥ My biggest mindful moment today

♥ What helped me stay present?

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PAGE 19 – Looking Forward

Mindfulness is a lifelong skill.

The more you practise, the easier it becomes to find moments of calm, even during difficult days.

♥ Looking ahead...

One mindfulness habit I'll continue

One situation where mindfulness could help me

My promise to myself

♥ Remember

You don't need to be perfect to practise mindfulness.

Simply returning your attention to the present moment, again and again, is enough.

Every mindful breath...

Every moment of awareness...

Every act of self-kindness...

Helps you build a calmer, more peaceful and more resilient life. ♥

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PAGE 20 – Letting Go of Distractions

Our minds naturally wander.

Mindfulness isn't about stopping thoughts—it's about gently bringing your attention back to the present whenever you notice your mind has drifted.

Every time you return your focus, you're strengthening your mindfulness.

♥ When my mind wanders, I will...

- ☐ Notice it without judgement.
- ☐ Take a slow breath.
- ☐ Return my attention to the present.
- ☐ Focus on one thing at a time.
- ☐ Be patient with myself.
- ☐ Accept that wandering is normal.
- ☐ Keep practising.
- ☐ Celebrate my progress.

♥ What usually distracts me?

♥ How can I gently return my attention?

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PAGE 21 – Mindful Listening

Listening mindfully means giving someone your full attention without planning your reply or becoming distracted.

It can strengthen relationships and help you feel more connected.

♥ Today I will...

- ☐ Listen without interrupting.
- ☐ Maintain eye contact.
- ☐ Notice the other person's emotions.
- ☐ Avoid checking my phone.
- ☐ Stay curious.
- ☐ Be fully present.
- ☐ Listen with kindness.
- ☐ Appreciate the conversation.

♥ How did mindful listening change my conversation?

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PAGE 22 – Creating a Daily Mindfulness Routine

A few minutes of mindfulness each day can make a meaningful difference.

Consistency is more important than perfection.

♥ My daily routine

☐ Five mindful breaths.

☐ Morning gratitude.

☐ Mindful walk.

☐ Mindful meal.

☐ Quiet reflection.

☐ Stretching.

☐ Reading.

☐ Evening relaxation.

☐ Digital break.

☐ Journaling.

♥ The mindfulness habit I'll practise every day

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PAGE 23 – My Mindfulness Reflection

Take a moment to recognise your progress.

♥ Since starting this workbook...

I have learned...

I feel calmer because...

One mindfulness habit I will continue...

♥ Remember

Mindfulness isn't about living a perfect life.

It's about noticing each moment with kindness, patience and curiosity.

Every breath...

Every pause...

Every mindful choice...

Is helping you build greater peace, resilience and emotional wellbeing. ❤️

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PAGE 24 – Living in the Present

Our minds often replay the past or worry about the future.

Mindfulness gently brings our attention back to what is happening right now.

The present moment is where life is lived.

❤️ Right now I notice...

☐ My breathing.

☐ My surroundings.

☐ The sounds around me.

☐ My thoughts.

☐ My emotions.

☐ The feeling of my feet on the floor.

☐ The temperature around me.

☐ One thing I appreciate.

❤️ What do I notice in this moment?

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PAGE 25 – Celebrating My Progress

Every mindful moment is a success.

Taking time to recognise your progress helps build confidence and encourages you to continue.

 Today I...

- ☐ Practised mindful breathing.
- ☐ Took a mindful walk.
- ☐ Stayed present.
- ☐ Took a break from technology.
- ☐ Practised gratitude.
- ☐ Showed kindness to myself.
- ☐ Slowed down.
- ☐ Enjoyed a quiet moment.
- ☐ Celebrated my progress.

 My biggest mindful achievement today

♥ How did it make me feel?

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PAGE 26 – My Mindfulness Plan

Mindfulness becomes easier through regular practice.

Small daily habits create lasting change.

♥ I will continue to...

- ☐ Practise mindful breathing.
- ☐ Take regular pauses.
- ☐ Notice my thoughts without judgement.
- ☐ Practice gratitude.
- ☐ Spend time in nature.
- ☐ Limit distractions.
- ☐ Be kind to myself.
- ☐ Stay present.
- ☐ Celebrate progress.

☐ Keep practising.

♥ My mindfulness goal

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

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PAGE 27 – Looking Ahead

Mindfulness is a skill you can carry with you wherever you go.

Every moment offers a new opportunity to pause, breathe and reconnect with yourself.

♥ Looking ahead...

One mindfulness habit I'll continue

One situation where mindfulness will help me

My message to my future self

♥ Remember

You don't have to wait for life to slow down before finding peace.

Peace can be found in one breath.

One pause.

One mindful moment.

The more you practise being present, the more calm, balance and resilience you can bring into your everyday life. ♥

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PAGE 28 – Finding Joy in Everyday Moments

Mindfulness helps us notice the small moments that are easy to miss.

A smile, a warm drink, birds singing or a moment of quiet can all become opportunities to slow down and appreciate life.

♥ Today I noticed...

☐ A beautiful view.

- ☐ A kind conversation.
- ☐ Fresh air.
- ☐ The warmth of the sun.
- ☐ The sound of birds.
- ☐ A moment of laughter.
- ☐ A delicious meal.
- ☐ A feeling of peace.
- ☐ Other

♥ One moment I'll remember today

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PAGE 29 – Recognising My Strengths

Mindfulness helps us become more aware of our strengths as well as our challenges.

Take a moment to recognise the qualities that help you through life.

♥ My strengths include...

- ☐ Patience.
- ☐ Kindness.

☐ Compassion.

☐ Courage.

☐ Curiosity.

☐ Gratitude.

☐ Resilience.

☐ Self-awareness.

☐ Calmness.

☐ Hope.

☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 30 – My Everyday Calm Plan

Mindfulness becomes part of everyday life through simple, consistent habits.

♥ This month I will...

- ☐ Practise mindful breathing daily.
- ☐ Spend time outdoors.
- ☐ Reduce screen time.
- ☐ Keep a gratitude journal.
- ☐ Pause before reacting.
- ☐ Practice self-compassion.
- ☐ Enjoy meals without distractions.
- ☐ Take regular breaks.
- ☐ Celebrate my progress.
- ☐ Continue learning.

♥ My biggest mindfulness goal

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PAGE 31 – My Mindfulness Journey

Take time to reflect on your progress.

♥ Looking back...

The biggest thing I've learned is...

The mindfulness practice that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Mindfulness isn't about changing who you are.

It's about becoming more aware of your thoughts, feelings and experiences with kindness and acceptance.

Every mindful breath...

Every moment of gratitude...

Every pause...

Helps you build a calmer, healthier and more balanced life. ♥

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PAGE 32 – Living Mindfully Every Day

Mindfulness isn't something you only practise during quiet moments.

It can become part of your everyday life, helping you feel calmer, more focused and more connected to yourself.

 Today I choose to...

- ☐ Slow down.
- ☐ Notice the present moment.
- ☐ Accept my thoughts without judgement.
- ☐ Speak kindly to myself.
- ☐ Take mindful breaks.
- ☐ Appreciate small moments.
- ☐ Let go of unnecessary worry.
- ☐ Focus on what matters most.

 One mindful habit I'll continue

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PAGE 33 – Looking After My Wellbeing

Looking after your mind and body supports a calmer, healthier life.

♥ This week I will...

- ☐ Get enough sleep.
- ☐ Eat nourishing meals.
- ☐ Drink enough water.
- ☐ Spend time outdoors.
- ☐ Move my body.
- ☐ Practice mindful breathing.
- ☐ Reduce unnecessary screen time.
- ☐ Connect with supportive people.
- ☐ Be kind to myself.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 34 – My Everyday Calm Toolkit

Create your own collection of mindfulness practices that help you feel calm and grounded.

My Calm Toolkit

- ☐ Mindful breathing.
- ☐ Body scan.
- ☐ Gratitude journal.
- ☐ Mindful walk.
- ☐ Stretching.
- ☐ Listening to calming music.
- ☐ Spending time in nature.
- ☐ Reading.
- ☐ Journaling.
- ☐ Quiet reflection.
- ☐ Other

My three favourite mindfulness tools

1.

2.

3.

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PAGE 35 – My Mindfulness Journey

Take a moment to recognise how far you've come.

♥ Looking back...

The biggest thing I've learned is...

The mindfulness practice that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Mindfulness is a gift you can give yourself every day.

It doesn't require perfection—only a willingness to pause, breathe and notice the present moment.

Every mindful breath...

Every peaceful pause...

Every act of self-kindness...

Helps you build a calmer mind, a healthier body and a more peaceful life. ❤️

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PAGE 36 – Bringing Mindfulness Into Everyday Life

Mindfulness isn't about finding more time.

It's about bringing more awareness to the moments you already have.

Everyday activities can become opportunities to slow down and reconnect with yourself.

❤️ Today I will...

- ☐ Pause before rushing.
- ☐ Notice my breathing.
- ☐ Appreciate one beautiful thing.
- ☐ Listen with full attention.
- ☐ Enjoy a meal without distractions.
- ☐ Take regular mindful breaks.
- ☐ Smile at someone.
- ☐ End my day with gratitude.

♥ One mindful moment I'll create today

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PAGE 37 – My Personal Mindfulness Promise

Mindfulness becomes stronger through consistent practice.

Every small moment of awareness is a gift to yourself.

♥ I promise to...

- ☐ Slow down when I need to.
- ☐ Be patient with myself.
- ☐ Accept my thoughts without judgement.
- ☐ Continue practising gratitude.
- ☐ Make time for stillness.
- ☐ Look after my wellbeing.
- ☐ Celebrate my progress.
- ☐ Keep returning to the present moment.

♥ My personal promise

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PAGE 38 – My Everyday Calm Plan

Creating calm doesn't require perfection.

It grows through simple habits practised consistently.

♥ I will continue to...

- ☐ Practise mindful breathing.
- ☐ Spend time outdoors.
- ☐ Take mindful walks.
- ☐ Practice gratitude.
- ☐ Limit unnecessary distractions.
- ☐ Look after my physical health.
- ☐ Make time to rest.
- ☐ Stay connected with supportive people.
- ☐ Be kind to myself.
- ☐ Celebrate every mindful moment.

♥ Three things that help me feel calm

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Mindfulness & Everyday Calm Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you build practical mindfulness skills that can support your wellbeing every day.

Remember:

♥ Every breath is a new beginning.

♥ Small mindful moments make a big difference.

♥ Progress is more important than perfection.

♥ Kindness towards yourself is a strength.

♥ Calm can be found in the present moment.

My Commitment

From today I promise to...

Name

Date

Signature (Optional)

Final Reminder

This workbook is designed as a self-help resource to support your mental wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If you have ongoing concerns about your mental health, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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