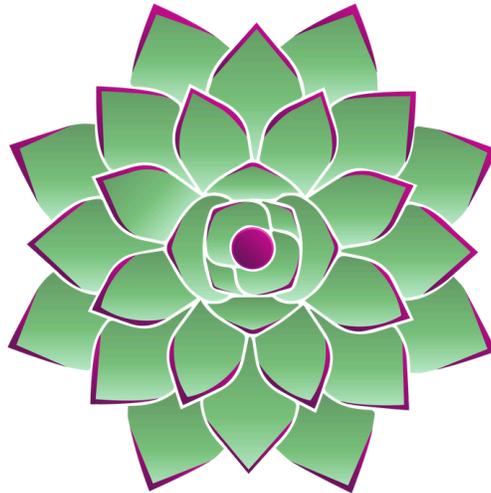


# MINDFULNESS, WELLBEING, & RESILIENCE

WORKBOOK



*Vibrant Wellbeing*

PRACTICAL PATHWAYS TO FLOURISH

RCH 2025  
Graduate Research Program

# INTRODUCTION

## **A practical and experiential workshop using discussion, reflection and mindfulness tools.**

The 2 workshops give you a range of fast and effective mindfulness skills to support your resilience and avoid burnout.

They'll help you manage stress, and support mental and physical wellbeing while juggling the pressure cooker of life, study and work.

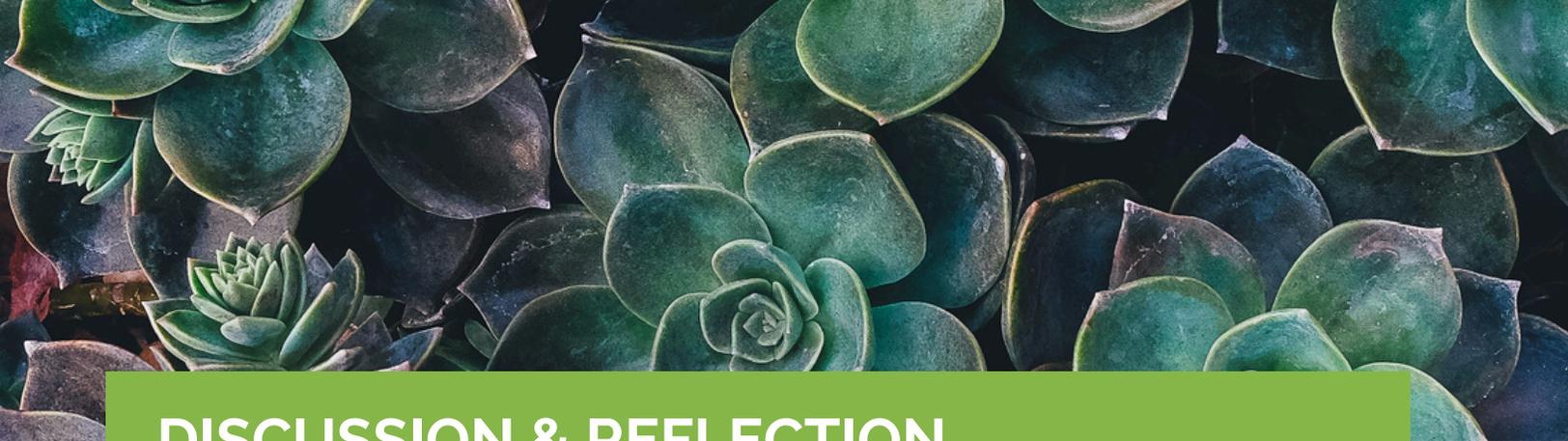
You'll be able to use the simple but powerful mindfulness tools in ways that you can apply 'on the go' in your work and personal situations.

There are all sorts of things constantly going through our minds which colour our responses to daily life, and ability to deal with it. Most of these thoughts, feelings and reactions are habitual and automatic, and they're harder to handle when we're tired or stressed.

Mindful awareness shifts you out of autopilot, and allows you to respond instead of react.

As you observe your own behaviours and reactions, try to take a curious stance, rather than a critical one. Gentle self-awareness (as opposed to self-criticism) is essential for resilience, stress reduction and wellbeing.

So let's do it!



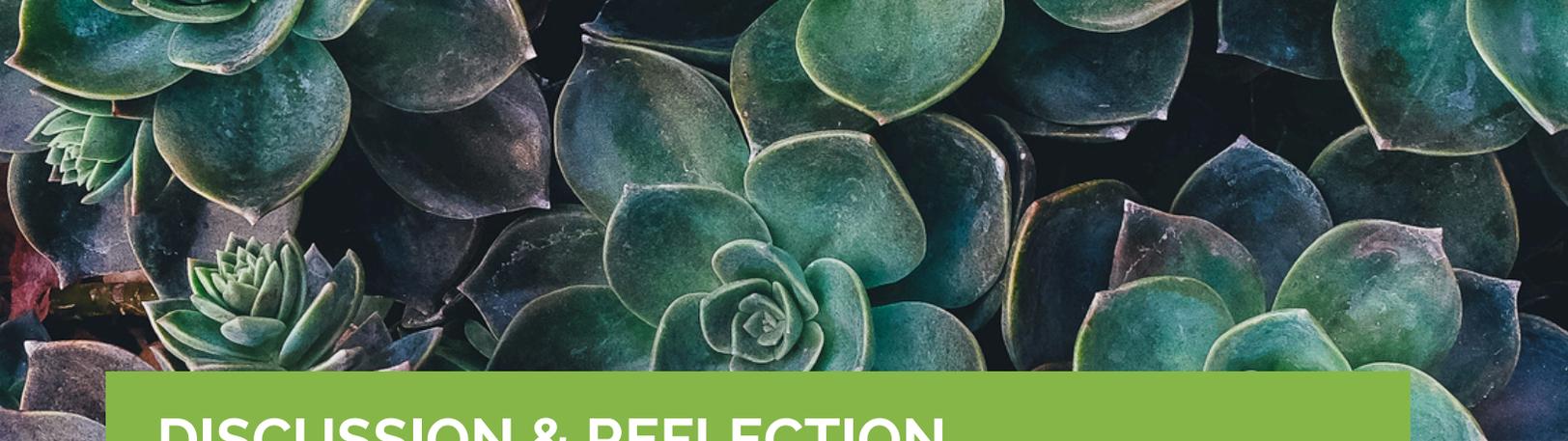
# DISCUSSION & REFLECTION

**What makes you feel stressed?**

**How does stress affect your:**

Energy levels? Focus? Ability to think clearly, make decisions? Emotional state? Sleep? Physical health?

**What do you do to manage your stress?**

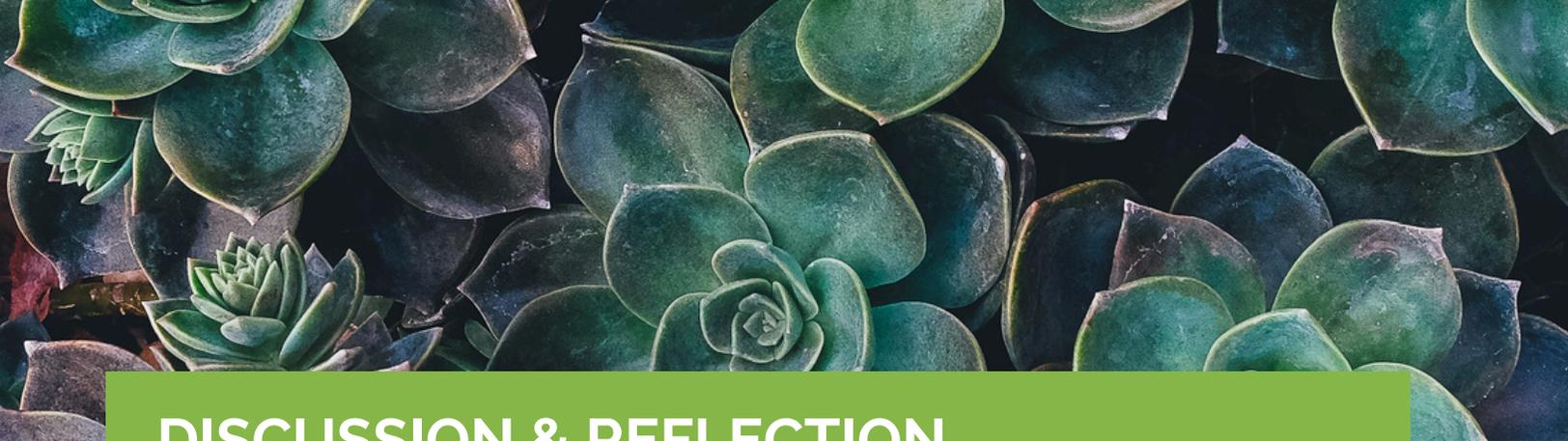
A close-up photograph of various succulent plants with thick, fleshy leaves in shades of green and blue-green, set against a dark background.

## DISCUSSION & REFLECTION

### THE ROLE OF PERCEPTION IN STRESS

When does your perception of a situation affect your stress levels?

- Reflect on where you sometimes:
  - over-react, make a mountain out of a molehill
  - get stressed about something that hasn't happened yet
- Identify when/where/why that tipping point occurs  
eg when you're tired, hungry, worried about something,
- What could you put in place or do differently next time to manage or change that?



## DISCUSSION & REFLECTION

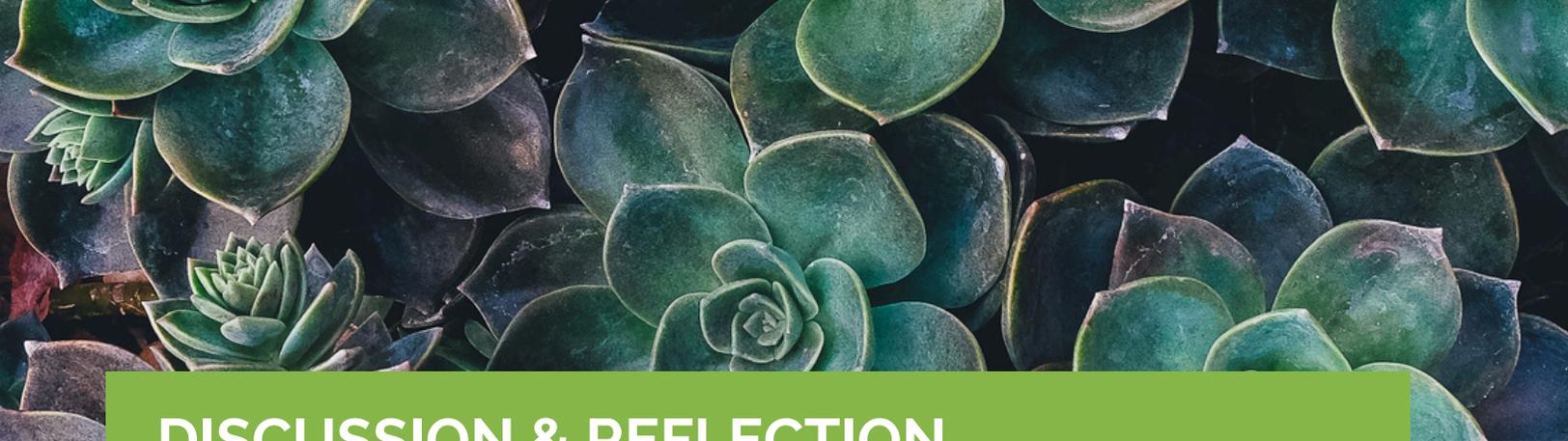
### **What, if any, exercise do you currently do?**

What motivates or prevents you? How could you build in incidental exercise to your day?

### **Do you eat a regular & balanced diet?**

What gets in the way of eating healthily or regularly?

### **Do you get enough good quality sleep?**



## DISCUSSION & REFLECTION

**Do you have good support and connectedness?**

**When you eat well, sleep well, exercise enough, and take time out what do you notice about your: energy, sleep, focus, mood?**

**Which 1 of these would make the most difference to your wellbeing? How could you include it a bit more?**

# MINDFUL MOMENTS - MICROBREAKS

## MINDFUL MOMENTS

Also known as Microbreaks.

These are a great way to recharge on the go, even in the middle of a busy day.

The mind can go anywhere, but the body is always in the present. So simply become mindful - in other words, pay attention to what you're doing or what's happening in that moment, and tune in with one of your 5 senses.

You can turn anything into a Mindful Moment - it's like hitting refresh on your browser:

1. Become aware of what you're doing, using your 5 senses eg taste and smell the coffee; feel the sun or wind on your face as you walk;; take a few deep breaths, notice your lungs expand and the air at your nostrils
2. Give it your complete attention ... what do you notice about the experience?
3. What do you notice about how you feel in that moment?

# MINDFULNESS MEDITATION EXERCISE

## Mindfulness is attention training

### **Benefits - the Why**

You will notice positive changes very quickly, as well as long-term, cumulative benefits:

- Improved mental & physical energy & resilience
- Reduced stress & reactivity to issues
- More relaxed, rested & alert
- Improved attention, efficiency and performance
- Improved sleep

### **Preparation & Posture - the Set Up**

- Choose a regular time of day that you works best for you  
eg before breakfast; a lunchtime 'top up'; before bed to help you sleep
- Try 5 - 10 minutes, once or twice a day; before meals is best, to avoid sleepiness
- Sit comfortably on an upright chair, feet flat on the floor, hands resting in your lap, and your spine gently erect OR sit cross-legged if your prefer
- Wear comfortable, loose clothing
- A room that is warm but not stuffy, have enough fresh air
- A room that is not too bright or too dark - but anywhere will do!
- Let others know you don't want to be disturbed
- Put your phone on silent
- Set a timer or alarm so that you won't worry about falling asleep, and so you don't need to keep checking the time
- Have a drink of water, go to the toilet... whatever will let you then relax

**Don't wait for the perfect time and place to meditate - just do it!☑**

# MINDFULNESS MEDITATION EXERCISE

Your mind will wander - that's ok, it's normal!

## How to Meditate

Your mind will wander - that's ok, it's normal!

When you notice that your attention has wandered off, or thoughts intrude, or a noise interrupts, then simply let go of those thoughts & just gently bring your attention back to your breath.

- Use an upright comfortable chair so your spine is relaxed & gently upright
- Sit in an open posture, feet flat on the floor, hands resting in your lap, eyes softly closed
- Take 3 slow, deep breaths in .... & out.... then let your breath find its own rhythm
- Become aware of your body in the chair ... feet in contact with the floor ...
- Starting with the feet, feel the sensations in the feet ...
- Slowly shift your attention as you scan through the parts of the body  
... until you reach the top of your head
- Notice how still & relaxed you feel
- Now become aware of the breath at the nostrils
- Let your attention rest gently with the breath for as long as you wish
- Whenever you get distracted, just choose to refocus on the breath
- Relax, & be aware of how relaxed you feel
- To finish, take a deep breath in and out, open your eyes & gently move into your day...

# A SUMMARY OF TOOLS & STRATEGIES

- Mindful Meditation exercise
  - improves focus & memory, calms the mind, relaxes physical tension, reduces stress
- Paying calm focused attention leads to clearer thinking & fewer errors
- The Rapid Recharge & Refresh, & micro-breaks to recharge
- Mindful Eating (or mindful anything ie Microbreak)
- Perception & Stress (cognitive skill)
- Regular, moderate exercise
- Good nutrition: Eat well & regularly
  - the body & brain need good quality fuel
- Sufficient good quality sleep
- Do things you enjoy, with people you like
- Take time for yourself, and by yourself