



## Frontline Wellness Program – The Coping Club

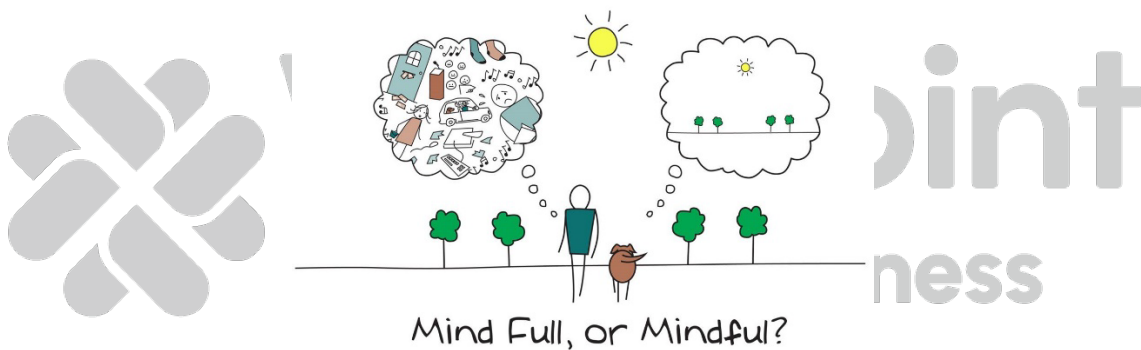
### Topic: Mindfulness

#### Material:

The Stress Bucket - <https://www.youtube.com/watch?v=1KYC5SsJjx8>

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally –Jon Kabat-Zin

Why mindfulness is a superpower Video: <https://www.youtube.com/watch?v=w6T02g5hnT4>



The Noting Technique: <https://www.youtube.com/watch?v=FjI9v-VYwZY>

#### Mindful Wakeup: Start with a Purpose

1. On waking, sit in your bed or a chair in a relaxed posture. Close your eyes and connect with the sensations of your seated body

2. Take three long, deep, nourishing breaths—breathing in through your nose and out through your mouth.

3. Ask yourself: “What is my intention for today?”

How might I show up today to have the best impact?

What quality of mind do I want to strengthen and develop?

What do I need to take better care of myself?

During difficult moments, how might I be more compassionate towards myself?

Mindful of current emotions: [https://www.youtube.com/watch?v=NECs97k\\_8Z4](https://www.youtube.com/watch?v=NECs97k_8Z4)

Mindful eating exercise: [https://www.youtube.com/watch?v=rdb\\_pC3w-wc](https://www.youtube.com/watch?v=rdb_pC3w-wc)

Rainbow relaxation: <https://www.youtube.com/watch?v=IbBI-BT9c4>

**Contact Us:**

Interested in 1:1 counselling? Self-refer at

[https://www.waypointcentre.ca/programs\\_and\\_services/frontline\\_wellness\\_program](https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program)

To connect with group facilitators email [frontlinewellness@waypointcentre.ca](mailto:frontlinewellness@waypointcentre.ca)

Resources:

