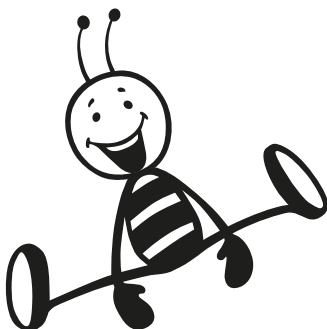
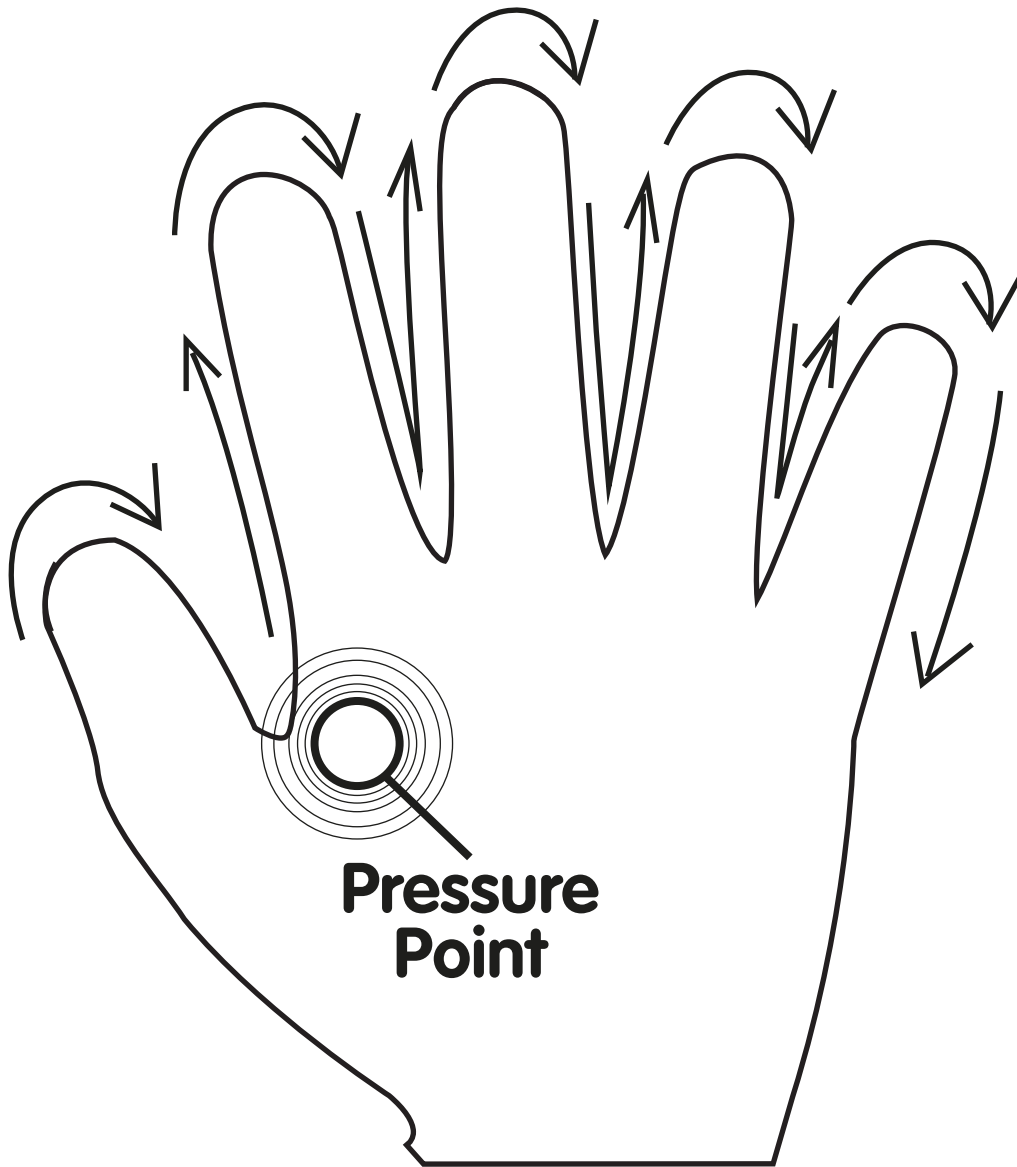




Stretching Imagination

Finger Breathing



Using your index finger starting from the wrist you inhale as you come up the thumb, exhale and come down the thumb inhale again and take your finger up your index finger and exhale as you come down it,

continue inhaling and exhaling and moving your finger up and down until you reach the wrist – you can then inhale and take your index finger up your little finger and repeat the exercise travelling back across your hand.

(Repeat 3 – 5 times)



Mindful Movement

Standing up with your feet hip width apart, shoulders relaxed and body nice and straight with back and arms by your side, we are going to start breathing in and out at a comfortable pace and at the same time slowly raising our arms up over our head, fingers pointing to the sky (this should take at least 3 – 5 breaths). We then hold our arms up and take another 5 breaths.

Once you have completed your breaths, take in a deep inhalation and on your exhalation bring your arms back down to your side. Notice the feelings in the shoulders and the arms and how relaxed you should now feel.

CAT - Leg Stretched

Let's begin on all fours with our hands under our shoulders and our knees under our hips. We breathe and lift our left arm and right leg out straight and hold for 10 breathes. Bring the arm and leg down and repeat on the other side.

Eagle to mouse

Stress is held in your shoulders. This exercise helps to release stiffness in the shoulders and through child pose, find stillness after the stretch.

Start kneeling and bend the arms, place the left elbow over the right elbow so that the arms are sticking out like an X shape. Bend the elbows turning the palms out and then try and bring the palms together. Swap and repeat on the other side.

Now rest forward with forehead on the floor and bottom on the heels and find the stillness and softness over the shoulders. Stay here for 10 breaths.



Mindfulness Exercises

5 Senses Drill

1

Pause what you are doing for a moment and take one or two deep breaths to help bring you into the present moment.

2

Look around you, and silently name three things that you see in your immediate vicinity.

3

Now opening to the sounds around you, silently note and name three things that you can hear right now.

4

Bringing your attention to your body, silently name three sensations that you can feel in this moment (maybe warmth, tingling, contraction, coolness...)

5

Take one or two breaths to finish this mindfulness exercise.

Repeat this exercise every now and then to deliberately bring your awareness to what is happening in the present moment and to build your resilience to deal with exam anxiety and general pressures around this time of the academic year by cultivating mindfulness in this way.