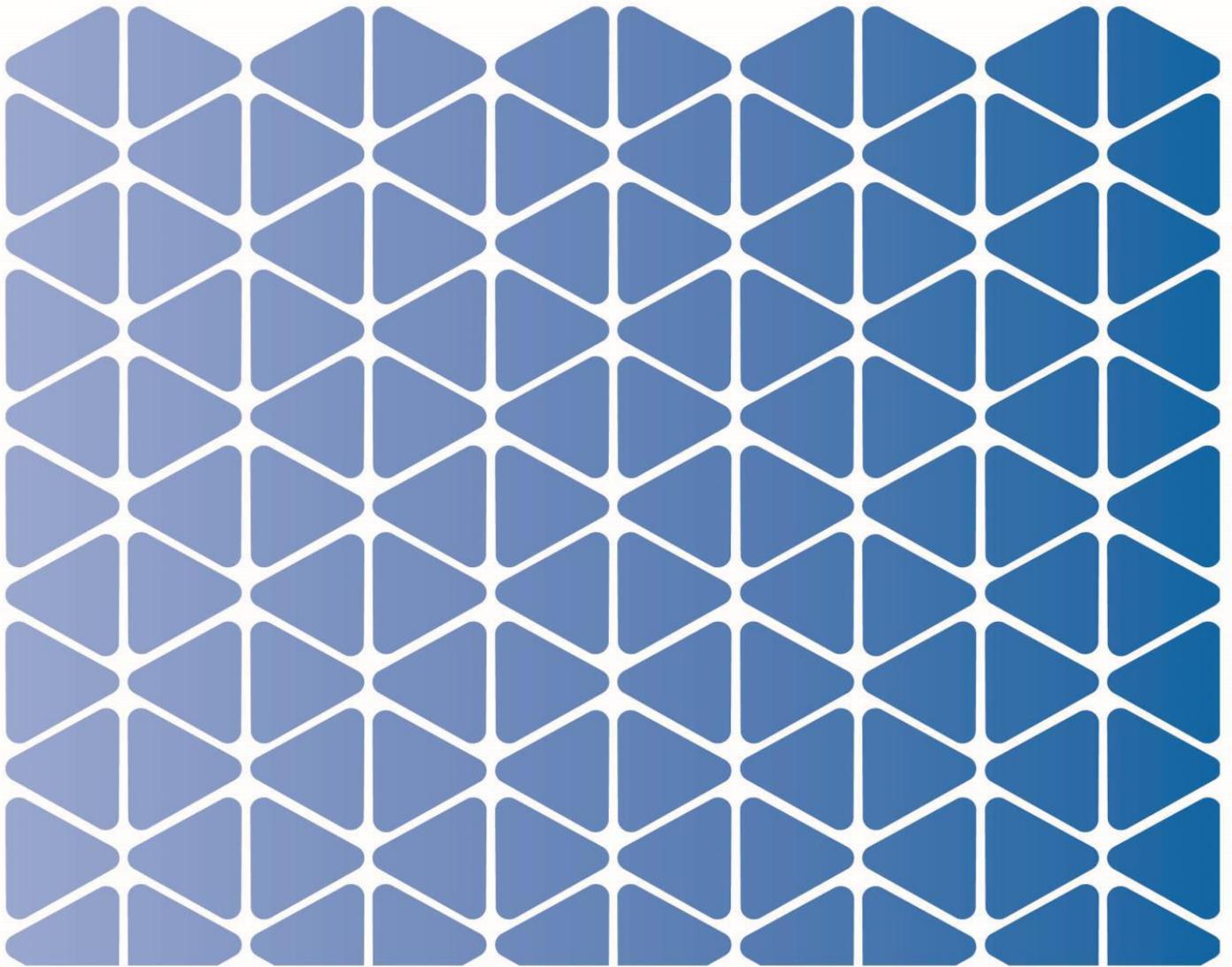




PATIENT INFORMATION

MINDFUL EXERCISES



Mindful Breathing Exercise

Practise mindful breathing to help reduce stress and improve muscle relaxation.

Sit somewhere comfortable with as few distractions as possible. Close your eyes and focus on your breathing for 10 minutes each day. Focus on the sensations of your breath throughout your body, where it enters, how it sounds, what it feels like, how it changes etc.

When a thought comes into your mind, as soon as you notice it, congratulate yourself for noticing that your mind has wandered, put the thought aside and gently return your focus to your breathing. It may help to imagine a box or basket (or anything else you choose) that you put your thought into to save it for later. Try not to feel frustrated by distractions (either internal thoughts or external distractions) as they are normal, but with practice, longer periods of sustained focus will become easier.

Mindful Body Check

- Aim to spend at least 10 minutes per day on this activity. Sit comfortably, feet flat on floor.
- Eyes could be open or closed, but if open, soften your gaze so that you are not looking at anything in particular.
- Become aware of yourself – how is your body feeling? Don't change anything, just acknowledge.
- Focus on your breathing – what are the sensations of breathing? Where does breath enter? Where do you feel movement in your body?
- Now turn your focus to your body. Turn your attention to each part in turn, working from the soles of your feet, up through to the top of your head – how does each individual part feel? Acknowledge sensations such as the weight of your body on the floor and the chair, the clothes or air on your skin; notice any internal tension or discomfort, but without trying to change them; consider your position and the space your body occupies.
- If your mind wanders, feel positive that you have noticed, and gently return focus to your breathing.
- Now focus outwards, as if noticing your whole body breathing. Notice your posture, the shape you make in space, your facial expression
- Afterwards, you may choose to attend to any tensions you observed, perhaps by stretching your muscles.

For more information on mindfulness and stress and how to deal with worries:

<https://www.hacw.nhs.uk/about-healthy-minds/> - this is the local NHS site for mental health in Worcestershire. There are local services you can access (both in person and online), plus lots of information you can read, including self-support leaflets with descriptions of mindful exercises and guided relaxation. You can also call them on 01905 766124 to find out what they can offer.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.