

Mindfulness.

Mindfulness is about knowing how you are feeling, and describing it. For example, "I feel sad" or "I feel angry".

Also, it is about doing something that works well for you when you feel bad. Sometimes the most effective thing to do is just to 'take no notice'. Here are some examples.

Chris.

Chris's problem is that he can't describe how he feels, even to himself. So, he often feels 'bad' but doesn't know why. In fact it is usually because he is bored.

How would you get Chris to know that his 'bad' feeling is because he is bored?.



Dave.

Dave sometimes gets left out of things. When this happens he says he feels angry. In fact, you think that he gets sad – not angry – when he gets left out of things.

How would you put this idea to him?

Joe.

Sometimes, especially when he is depressed, Joe can get very angry. And when he gets angry he will sometimes do things which make things worse for him. (For instance he has lost several friends because he has been so bad tempered with them.) But Joe says he was right – his friends had done things wrong so they deserved shouting at. But you can see he is still sad to have lost his friends.

What would you advise Joe to do next time he feels really angry with a friend? And how would you help him do it?



Sam.

When Sam gets worried about something he tries really hard to stop worrying. And yet, the more he tries the more worried he gets. Sam's friend, Tom, on the other hand, gets just as worried as Sam, but it doesn't seem to bother him. And so he always seems to end up calmer than Sam.

What advice would you give to Sam?

In session.

Sam has a cat who sometimes has to be put into a cage to go to the vet. Sam's cat hates being in the cage, meows and squeals and bashes herself against the bars of the cage. But the cage is much stronger than the cat, so all she does is to hurt herself. She would be better off if she just settled quietly in the cage until she got to the vet.

Is there a lesson to be drawn from this story about Sam's cat?

Projects.

Project 1. Get really good at knowing how you are feeling and being able to describe it if you want to.

Project 2. When you are upset, get good at doing what is best for you rather than what your 'upset mind' tells you to do. Sometimes that is to do nothing at all.

Mythbuster.

"When you are upset you have to do something." **Not true.**

Everybody gets upset from time to time, and it passes whether you do anything or not.