

MINDFUL MAMAS

WELLBEING
JOURNAL



PROPERTY OF



CONNECTION

An opportunity
to settle in,
reflect and
connect with
yourself and
others.

HELLO MINDFUL MAMA!

Welcome to your 7-week wellbeing series designed and co-led by YOU - PACT parents.



OUR STORY

Mindful Mamas was a result of a big listening done by PACT parents during the Covid-19 pandemic from March to November 2020. During this listening, PACT parents called other parents to understand the challenges they were facing during the pandemic. Nearly 300 parents took part in this listening and the struggles around wellbeing and mental health were made clear. Parent Leaders and Organisers then took this listening to the South London Listens campaign, a community partnership between the South London Mental Health Trusts and Citizens UK. PACT Parent Leaders spoke to Council Leaders and senior NHS members about the importance of parental mental health and peer support in the community.

As a result of this campaigning, PACT was funded to create a wellbeing course together with parents and for parents. Through more listening and workshops, we developed this series based on what you want to achieve, and how you want to get there.



THIS JOURNAL

Mindful Mamas is a journey we will go on together. It will be reflective, and you will be encouraged to practice at home and even beyond the course. This workbook has been carefully designed together with Lilli, full spectrum doula and PACT volunteer (IG: more_swole). We hope this workbook will help you reflect on your journey and can act as a reminder of what makes you feel good.

Thank you for being you!

MINDFUL MAZE

Use this finger maze to practice focusing on one activity. Place your finger from **your non-writing hand** at the entrance of the maze. Take a deep breath. Breathe slowly in and out as you trace your finger to the centre of the maze. Once you reach the centre, take another deep breath, notice how you feel in that moment. Remember, if you feel distracted, simply bring your attention back to the maze without judging yourself.

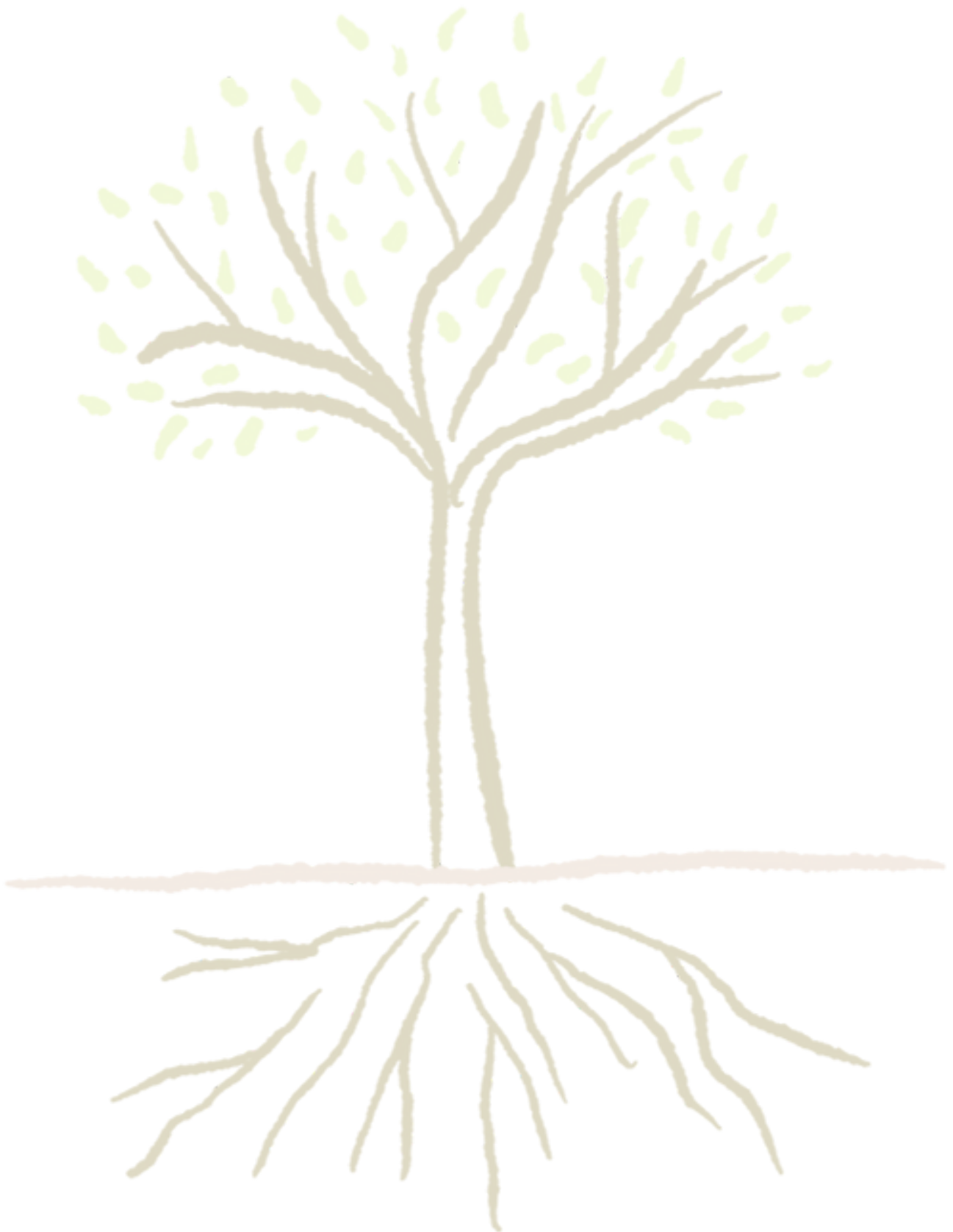


MINDFUL COLOURING

Colouring in, is not just for kids! Mindful colouring is for adults too. It is about bringing our awareness into the present moment through focusing on colour and design. Focus on how the pencil feels in your hand, is it light or heavy? What colours will you use, how do they make you feel?



TREE OF ME





INTENTIONS

The day you
plant the seed
is not the day
you eat the
fruit

SAVOURING
GRATITUDE

Write about something you're grateful for:

Write about something you're grateful for:

Write about something you're grateful for:

Write about something you're grateful for:

Write about something you're grateful for:

SETTING

GROUP AGREEMENTS

Blank white rectangular area for writing.

Blank white rectangular area for writing.

Blank white rectangular area for writing.

Blank white rectangular area for writing.

Blank white rectangular area for writing.

SETTING

GROUP AGREEMENTS

WE WANT TO CREATE A SUPPORTIVE SPACE THAT IS CARING, COMFORTABLE AND CALM

WE WILL PRACTICE THIS BY NOT JUDGING EACH OTHER AND RESPECTING CONFIDENTIALITY OF THE GROUP

WE WANT TO HAVE FUN, AND FEEL HAPPY AND AT HOME. WE CAN SUPPORT THIS THROUGH POSITIVITY, FRIENDLINESS AND ACCEPTING EACH OTHER.

WE WANT TO BE HEARD, SO WE WILL TRY NOT TO TALK OVER EACH OTHER, TO LISTEN AND AVOID USING OUR PHONES

WE WANT A SAFE SPACE FOR EVERYONE SO WE WILL GET TO KNOW EACH OTHER, BE OPEN-MINDED AND MINDFUL OF OUR DIFFERENT EXPERIENCES

THIS IS OUR SPACE, AND IF SOMETHING DOES NOT FEEL RIGHT FOR US WE CAN STEP AWAY

GOALS

This section will make it easier for you to identify what your goal is and how you can get there.

Write down the goal you'd want to achieve and write why is it important for you. Write the things you think would show that you have got there or that you're on the right path.

The change/s I want to make	
The reasons I want to make these changes	
The steps or helpful habits I plan to take are	
The ways other people can help me	
I know my plan is working if...	
Things that could slow me down a bit	
What will I do if my plan is not working	

SPROUTING GOALS

Reaching our goals is a process that needs care and attention from the start. Much like growing a plant needs regular care, you can start habits that help you grow and develop as a person. Write your key goal for this course on the leaf, and plant your seed with intention!



A photograph of several dried, pressed leaves hanging from a thin string. The leaves are light brown and show detailed vein patterns. The background is a soft, out-of-focus mix of blue and yellow tones.

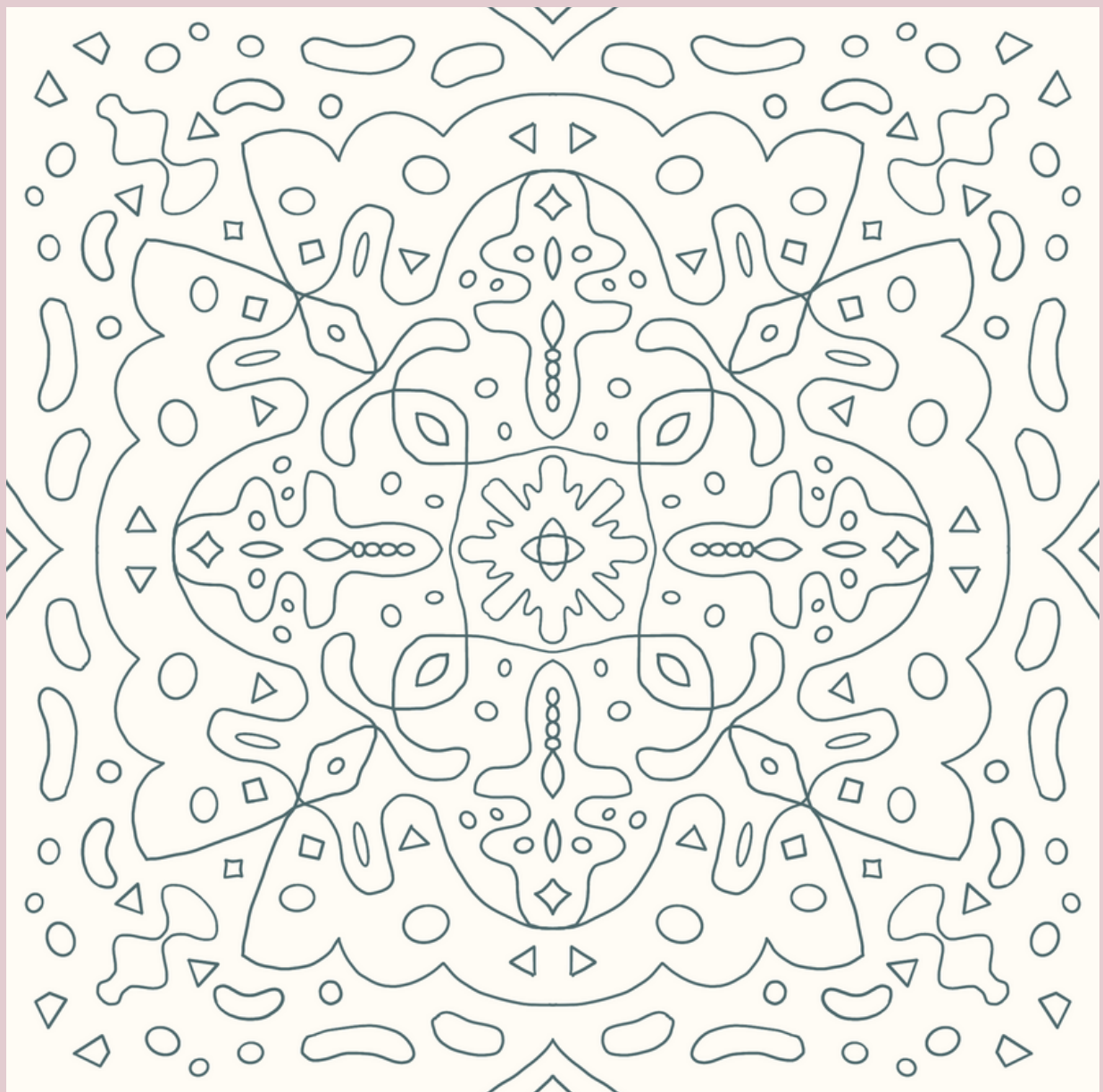
SELF-LOVE

"I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival."

- Audre Lorde

MINDFUL COLOURING

When things get a bit too much, taking a step back and clearing your mind can be a great tool. Make space for yourself to do this colouring in exercise before re-visiting your To-Do list.



FEELINGS OF GUILT

Feeling guilt as a parent is a very common and shared experience. There are ways we can minimise these feelings. Below are some things Mindful Mama Helen has suggested, add anything you would like to try or things that work for you.

Positivity

Acceptance

Share with others

celebrate yourself!

SELF LOVE LETTER

Sometimes we find it easier to show love to others, than we do to ourselves. It might seem awkward at first, but self-love is a powerful exercise in seeing yourself more positively.

Use the postcard from our first session and write your own self-love letter, use the sentences below to guide you. And read as many times as you like to feel the love!

Thank you for...

I am really proud of you because...

I love the way you...

I want you to know...

I admire the way you...

I am learning to love...

I care about you.



CONFIDENCE

"Develop enough courage so that you can stand up for yourself and then stand up for somebody else"

- Maya Angelou

BATTERY CHECK-IN

Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting your needs and practicing self-care.

Feeling okay.

How can you make your day a tiny bit better?

Struggling.

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.



Feeling good!

How can you maintain the levels you're currently at?

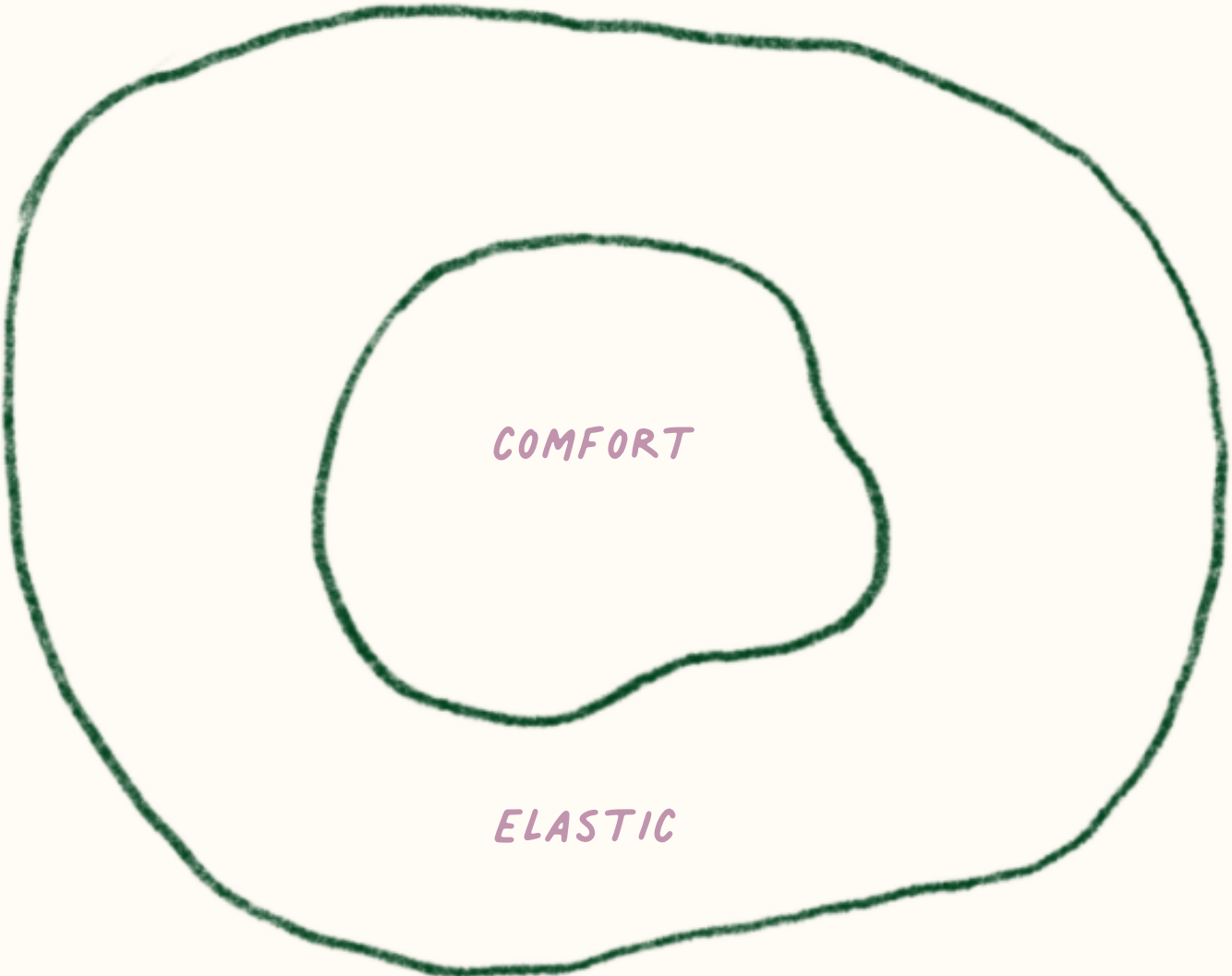
Meh.

How can you love on your -self today? Be extra kind to yourself.

I'm empty.

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

BlessingManifesting



COMFORT

ELASTIC

FRAGILE

A stylized landscape with a winding path, trees, and a purple object. The background is a light green color with a darker green winding path. There are three stylized trees with brown trunks and green foliage. A purple, oval-shaped object with a white circle inside is positioned on the path. The text is written in a bold, black, sans-serif font.

MAKE IT FUN!

PATIENCE

COMMUNICATE

SLOWING DOWN

GRATITUDE

TRUST

LEAVING YOUR COMFORT ZONE

Why do you avoid going out of your comfort zone? What are your biggest fears about the things that are out of your comfort zone?

How can you move past the fears and obstacles you wrote in the previous question?

What new things can you try to solve your problems/achieve your goals?

What kind of things will you be missing out on if you only stay in your comfort & fear zone? How will your life look like in 1/3/10 years' time?

How will your life look like in 1/3/10 years' time when you decide to venture out in the learning and growth zone?

STORY OF SELF

"There is no greater agony, than bearing an untold story inside of you" - Maya Angelou

WHEN WAS A TIME THAT I DID SOMETHING
THAT WAS HARD AND IT WORKED OUT?

CHALLENGE

OUTCOME

LESSON LEARNED

STORY OF SELF

WHAT IS MY NEW CHALLENGE?

CHALLENGE

HOW CAN I SUPPORT MYSELF TO
TAKE THESE STEPS

OUTCOME

LESSON LEARNED

A top-down view of a light-colored ceramic cup filled with a golden-brown tea. The cup is surrounded by various dried botanicals: a tea pyramid packet, loose tea leaves, and several dried rose petals. The background is a plain, light surface.

GROUNDING

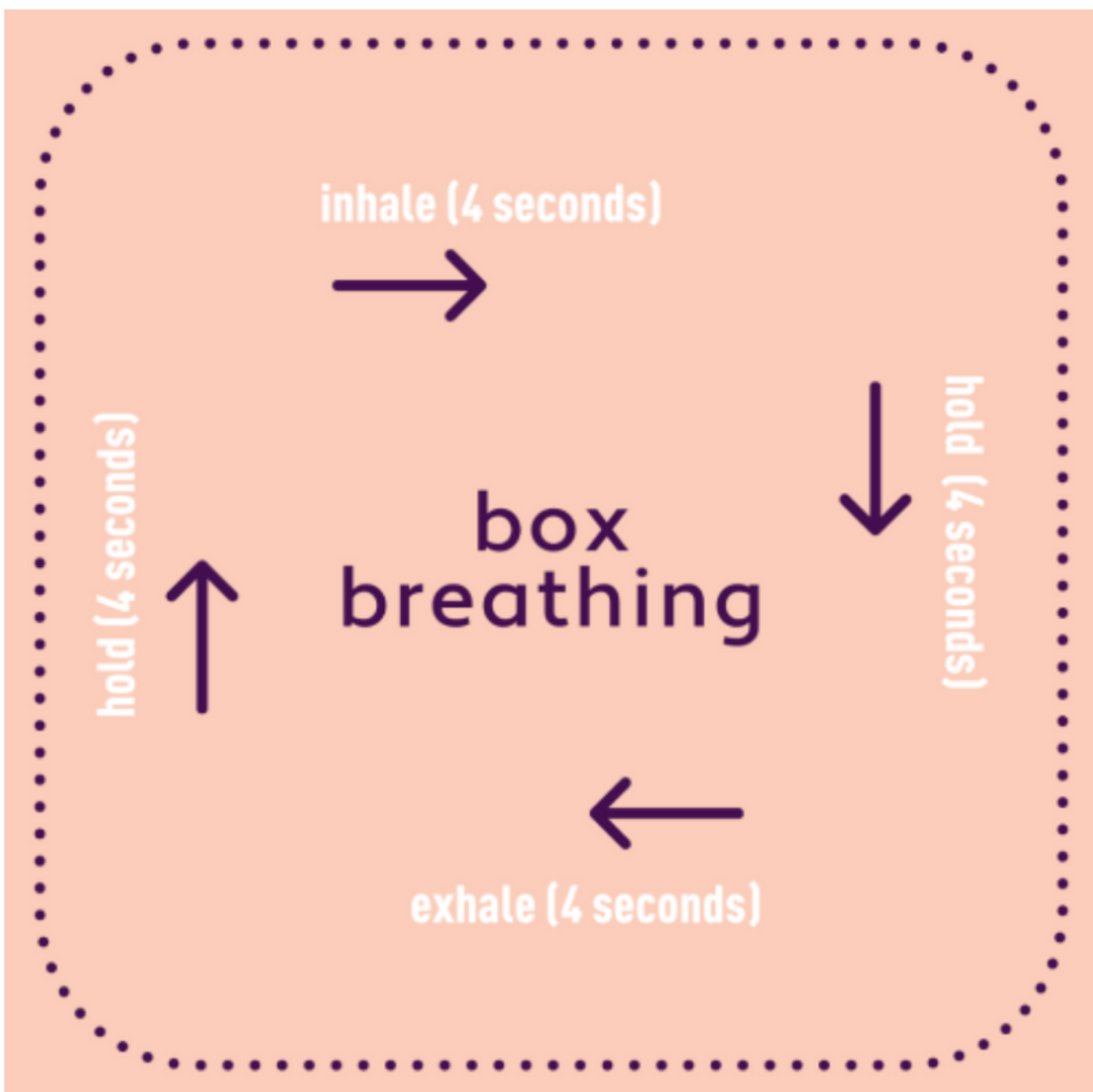
"Tea is an act complete in its simplicity. When I drink tea, there is only me and the tea. The rest of the world dissolve"
- Thich Nhat Hahn

BOX BREATHING

Box Breathing or **Square Breathing** is a breathing exercise you can practice when you have some time to dedicate to it in your day. It's called box breathing because you can visualise a box or square shape as you breathe.

There are many benefits associated with the exercise, like **relieving stress and anxiety**.

If you are able, try to inhale through your nose, then hold, and exhale through your mouth. Repeat for a few minutes...



How do you feel?

AFFIRMATIONS

Affirmations can be a great way to focus on what you have and want instead of hyper focusing on insecurities or the fears of what you don't want.

They also take time to get used to, which is why we want you to try the method of 'what if' affirmations - taking some of the pressure off and still allowing you to benefit from the power of affirmation.

If you're sceptical of affirmations I invite you to start out by adding 'what if...' - for example 'what if I am more than enough' then move on to 'everyday I am learning that I am more than enough'. And if it feels right you could then shift to 'I am more than enough'. There's no hierarchy to these phrases, it's just a matter of going with whatever feels best for you in the moment.

WHAT IF...

EVERY DAY I...

I AM LEARNING...

I AM...

CARE MAP

NOURISHMENT

things that nourish you
eg. your favourite
drink, food you love

ACTIVITIES

activities that feel
supportive eg. going
for a walk, reading etc

REST

things that support your rest eg.
napping, having a long bath etc

Joy

what brings
you joy? what
makes you
laugh?

PEOPLE + COMMUNITY

people you can call on and wider
community for support

SENSORY SUPPORTS

sensory experiences that feel
helpful eg. your fav song,
soothing sounds etc

PLACES

places and environments that
feel grounding eg. favourite
park, a local quiet space etc

REMINDERS

gentle reminders eg.
write it down,
breathe, how can I
show myself
kindness now

AFFIRMATIONS

affirmations for you, eg.
'what if I give myself
permission to take up
space', 'I do not have to
carry it all on my own'

WEEK 3 SHEETS..



TIME FOR YOURSELF

With all our responsibilities around our family, friends, work or learning, life can feel quite busy. It's not always possible, or easy, but sometimes the right boundaries and positive habits means more time for yourself and less stress.



EXPLORING

BOUNDARIES

Boundaries can shift and change in each different circumstance. Here are some reflection questions to help when thinking about setting boundaries.

WHEN DO YOU FIND IT DIFFICULT TO SAY NO?

WHAT BOUNDARY COULD HELP YOU ACHIEVE YOUR GOAL?

WHAT WOULD CHANGE WITH THIS BOUNDARY?

WHAT DO YOU NEED TO FEEL / BELIEVE TO SET IT ?

HOW CAN YOU COMMUNICATE YOUR BOUNDARIES?

Learn more



HAVING HARD CONVERSATIONS

A lot of the time, boundaries involve relationships with other people. Individuals might not always be positive about the limits you are setting. It is important to be honest about your feelings - here are some questions to guide these conversations.

Who is the person you want to speak with?

What's the topic you want to speak about?

What are your main things you want to communicate with this person?

Are there questions you need to ask them?

What's the ideal outcome from this conversation?



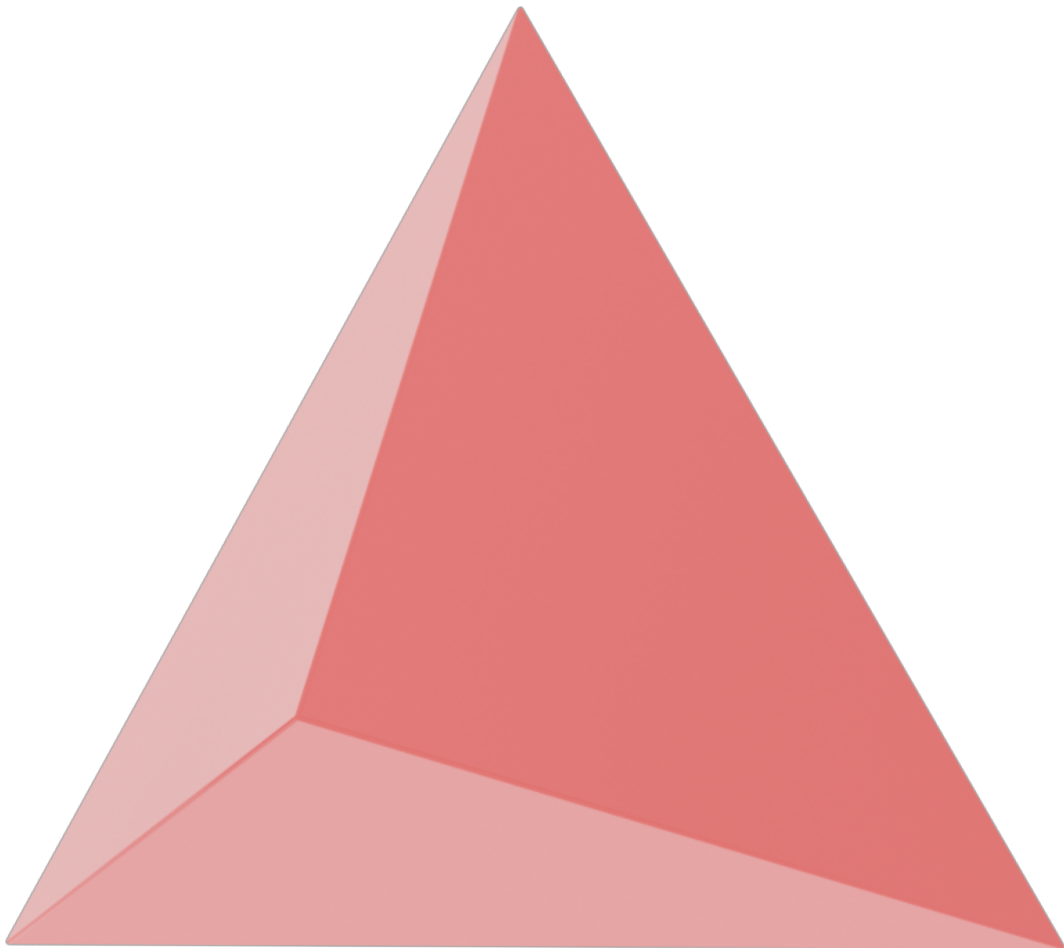
EXPLORING EMOTIONS

"Every moment
happens twice, inside
and outside, and they
are two different
histories" - Zadie Smith

IS THIS A YES?

Sometimes we do things just because we have the time. For example, answer a phone call to somebody you find difficult. In moments like this, consider yourself these 3 questions, if you answer YES to at least TWO then consider going forward.

TIME
DO I HAVE THE TIME?



CAPACITY
CAN I DEAL WITH IT?

DESIRE
*DO I FEEL ENTHUSIASTIC
ABOUT DOING THIS?*

JOURNALING

Saran's tips

'Writing down my thoughts and feelings helps me acknowledge my emotions, identify the causes and track that feeling'

- When you start, keep it short
- Let the words flow from your mind
- Set time aside for writing (5-10 minutes before bed)
- Don't worry about spelling mistakes
- Try not to overthink it



TODAY I AM GRATEFUL FOR...

SOMETHING THAT WENT WELL TODAY...

SOMETHING THAT DID NOT GO SO WELL...

I FEEL...

HOW DID I OVERCOME A CHALLENGE TODAY?



EXPLORING

GRATITUDE

Naming 3 things a day that you're grateful for can support daily mental health.

Write them here and place them in your masu box.

ONE:

TWO:

THREE:

FOUR:

FIVE:

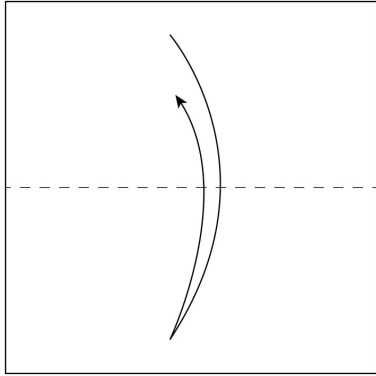
ORIGAMI



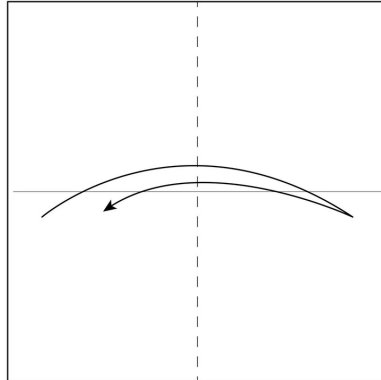
In Japanese 'Ori' means 'folding' and 'kami' means 'paper'. Origami, is the art of folding paper. Normally, the designs begin with a square sheet of paper which can be patterned, or different colours.

Origami, is a great mindful activity because it allows you to focus on a task and be creative

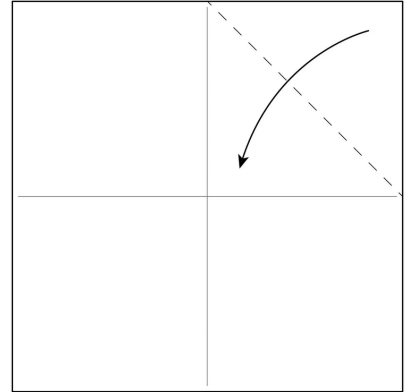
MASU BOX



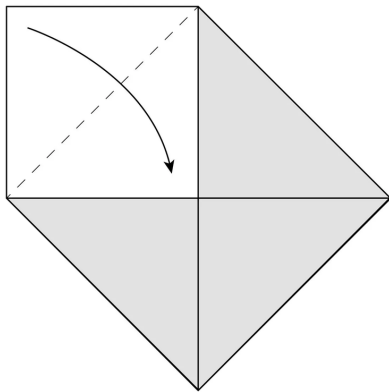
1) Start with a square sheet of paper with the white side facing up. Fold the paper in half horizontally. Crease it well and then unfold it.



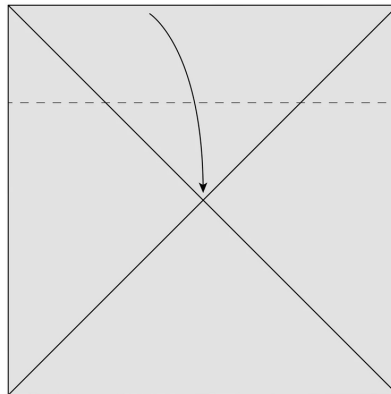
2) Fold the paper in half vertically. Crease it well and then unfold it.



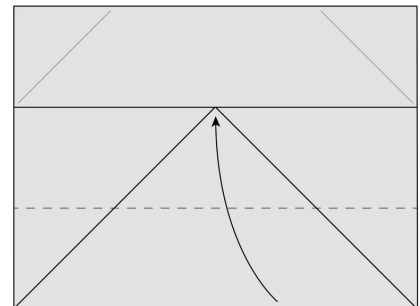
3) Fold the corner of the paper to the centre. You'll do this on each of the 4 corners.



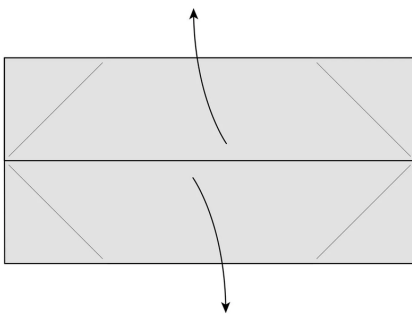
4) Fold all of the corners to the centre of the model.



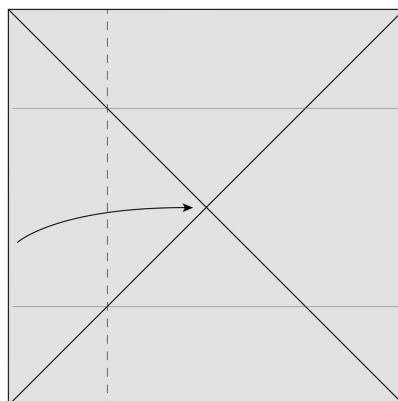
5) Fold the top part of the model along the dotted line to the centre.



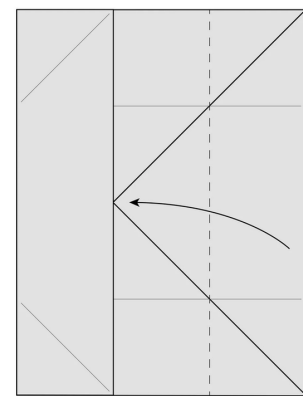
6) Fold the bottom part of the model along the dotted line to the centre.



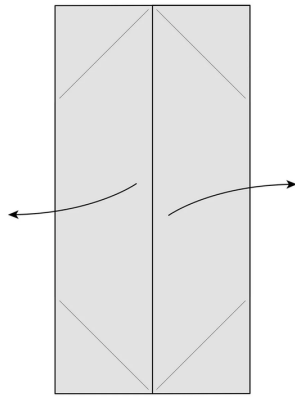
7) Crease both these folds very well and then unfold them.



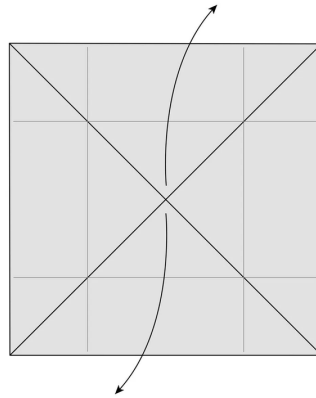
8) Fold the left part of the model along the dotted line to the centre.



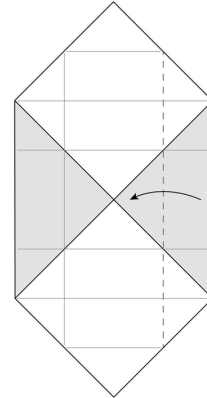
9) Fold the right part of the model along the dotted line to the centre.



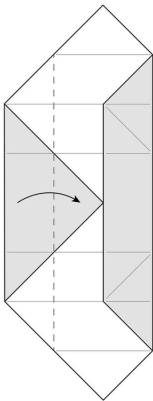
10) Crease both these folds very well and then unfold them.



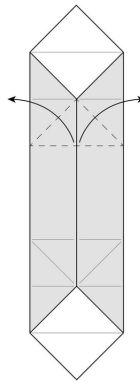
11) Unfold the top and bottom triangles of paper.



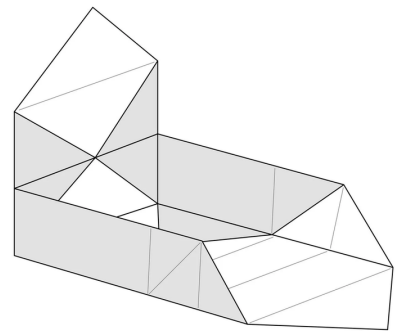
12) Fold the right side of the model to the centre along the dotted line.



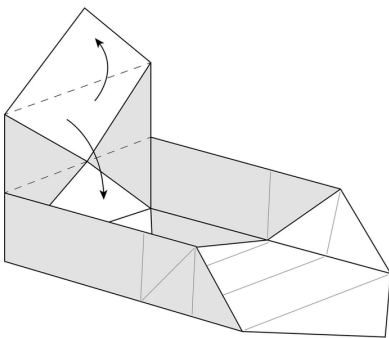
13) Fold the left side of the model to the centre along the dotted line.



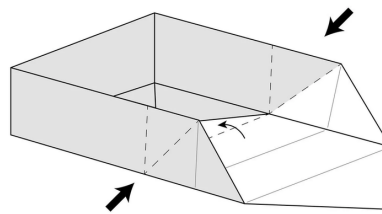
14) Slowly pull the model open at the top following the dotted lines.



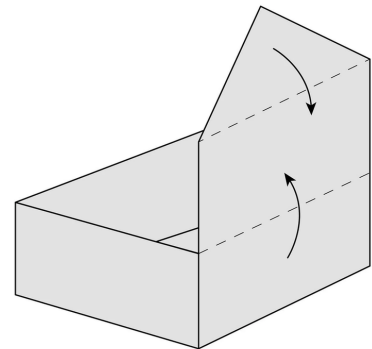
15) When you pull the model open it should take a shape that looks like this.



16) Fold the flap of paper down along the dotted line that intersects the two triangles. Fold the top triangle of paper up a little bit to fit into place at the bottom of the box.



17) Fold the other side of the box now along the existing creases like you did for step 16.



18) Fold the top flap of paper down along the dotted line to form the edge of the box. Fold the top triangle of paper up a little bit to also fit into the bottom of the box.



ENVIRONMENT

"Walk as if your
feet are kissing
the earth."

-Thich Nhat
Hanh

MINDFUL WALKING

Turn off your phone if you can

Take a few deep breaths

Walk slowly, notice how your feet touch the ground

Look around you, look up and down. Lift rocks, look behind things

Touch things, the bark on a tree, the texture of a leaf

Listen to the sounds, the birds, the planes, children. Near and far

Appreciate the beauty around you

NATURE BENEFITS



A photograph of a person's hands holding a dark grey cup of coffee. In the background, there is a potted plant with green leaves on a light-colored surface. The scene is softly lit, suggesting a calm, indoor setting.

SPRING BREAK

Some activities
to keep the self
love flowing
over the break



ONWARD

"The journey of
a thousand
miles begins
with one step"

- Lao Tzu



MY FOREST REFLECTION

'Mindful Mamas has been a journey, where we have explored parts of ourselves. It's a bit like exploring a beautiful forest or jungle.

Some parts of this forest are dark. In these dark areas, we are cramped and there is fog and moisture in the air. We have moved through this dark area, and we coped.

Now we can see the beautiful sun shining down through the trees. It is warm, and light. The forest looks appealing, the leaves are green, fresh and we can hear birds singing loudly up high. We cannot see very far in the distance, but that is okay.

There are lots of different paths to take through the forest. Sometimes they lead to beautiful light areas, sometimes they are darker. We have explored different ways we can support ourselves if we are heading to a darker area.

Before we explore more, let's make a plan. That way, if you feel unsettled, you will have an idea of what to do to find your way again.

What have I learned? (How to get through the scary part of the forest)

How can I continue what I have learned? (staying in the warm, sunny part of the forest)

What are my warning signs? (Cloudy sky, no birds chirping, fog, mist)

What are my potential triggers? (Getting lost, not looking where I am going)

What helped me before? (Finding a guide, getting a map, using a compass)

MINDFUL HANDS

We invite you to use a blank piece of paper to draw around your hand, write your initial goal in the centre and use each finger to write things you learnt, enjoyed or took away from each week. Feel free to use colour and drawing too!

1. Goal setting
2. Guilty feelings as a parent, self-love, dancing
3. Week three: meditation, make-up, me-time
4. Week four: connecting with nature
5. Week five: comfort zones, over-thinking

SELF CARE CHECKLIST

Take some time to tick off things on the self care checklist. Use the empty spaces to add your own self care activities.

<i>WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR TODAY</i>	<i>HAVE A CALL WITH SOMEONE YOU LOVE</i>	
	<i>GO FOR A WALK</i>	<i>HAVE A DANCE TO A SONG YOU LIKE</i>
<i>JOURNAL ABOUT HOW YOU'RE FEELING</i>	<i>TALK TO SOMEONE NEW</i>	
	<i>TAKE 3 SLOW DEEP BREATHS</i>	<i>TAKE A BATH OR A LONG SHOWER</i>
<i>DO SOMETHING THAT MAKES YOU LAUGH</i>		<i>TAKE A NAP</i>



FURTHER SUPPORT

We have many 'tools' to continue with our journey. However, sometimes, we need more support. It is important to know, that no problem is ever too small to ask for help.

There are many services available to support you if you need it. And if you decide to do **Be Well Champion** training, you will understand better how to sign-post to these services.

Not sure where to start? If it is not an emergency, you can speak to your GP. If you don't want to speak with your GP here are some other support services locally..

MIND

Who can use it? - Anyone

The mental health charity MIND has lots of resources on mind.org.uk.

You can call their FREE infoline: Infoline: **0300 123 3393** to talk about how you feel and get information on services near you.

OASIS

Who can use it? Southwark Lambeth Croydon, 14-35 years old .

For young people experiencing any distress call **020 3228 7200**

OASISReferrals@slam.nhs.uk

Southwark Wellbeing Hub

Who can use it? Southwark Residents, or if you have a Southwark GP

For anyone in Southwark experiencing problems with their mental wellbeing

contact on **0203 751 9684** or southwarkhub@together-uk.org

The NEST

Who can use it? Southwark Residents, young people 11-25 and their families

Mental health and wellbeing support for young people and their parents or carers who need advice on supporting their child.

Contact on **0208 138 1805** or thenest@groundwork.org.uk

Urgent help / Crisis

If in immediate danger always call **999**.

You can also call **111** for advice, but not if it is an emergency.

ONWARD

What's next?



THANK YOU

MINDFUL MAMAS CERTIFICATE

THIS CERTIFICATE IS TO ACKNOWLEDGE THAT

HAS COMPLETED THE MINDFUL MAMAS COURSE

This Mindful Mama has supported others, as well as themselves in working towards their goal of:



Thank you for your dedication,
and keep being YOU!