

Mindfulness checklist

1. Take care of the things you need right now

It can be hard to improve how we're feeling if we haven't looked after some basic needs first. Do you need something to eat or drink? You might also be physically or mentally tired.

You might need to find a way to feel more comfortable in your body or mind. That could be things like leaving a loud place or adjusting your clothes.

2. Take a pause

If there's a lot going on, taking a moment to stop can help. Things might feel less overwhelming if you take a break from whatever you're doing.

It's okay if you can't take a proper break right now. Even taking a few seconds to notice how you're feeling, or to have a quick rest, can help. See our page on [understanding feelings](#) for help with recognising your feelings.

[Feeling overwhelmed? Take a breath | #mindcharity #mentalhealth #shorts](#)

3. Notice where you are

Some people find it calming to pay attention to where they are physically. You can try to notice what you can see, hear, touch, and smell around you, going through each sense in turn.

It might be easier to do this if it's not too loud, bright or overwhelming where you are. You might need to put in ear plugs or to change the room you're in. This can help you feel calmer, and make it easier to decide what else you need right now.

4. Try something else

Is there something that's helped you feel better before, like going for a walk or listening to music? You could give that another go.

If you're not sure what could help, see if there's anything that could distract you. Distracting yourself can help when you feel like you can't cope with your feelings. You could try watching or listening to anything simple and comforting.

[Breathing exercise for your mental health | #mindcharity #mentalhealth #shorts](#)

5. **Connect with others**

Talking to someone can help you feel less alone. You might want to talk about what's going on for you, or about something completely different.

If there's no one you feel comfortable talking to right now, you can reach out anonymously on places like [The Mix](#) and [Childline](#). You can message, email or call advisors. You deserve to feel supported.

You might also want to be around other people but not talk to them. You could do things like visiting a public space like a library, youth centre or cafe.

Try to remember that everyone finds different things helpful. Just because something worked for someone else, doesn't mean it'll work for you. Or it might help, but just at another time in your life.

6. **Do things that you enjoy or learn to be creative**

Doing something you enjoy can help improve your mood, clear your mind and make you feel more relaxed. It might even help your relationships with others and develop a useful or fun skill.

“Be kind to yourself, be your own best friend.”