



The Crichton Mindfulness Trail

What is Mindfulness?

Being mindful or 'mindfulness' is being aware of yourself and the world around you.

Benefits of Mindfulness

This is just one of the stops on The Crichton Mindfulness Trail. Each stop offers a different activity which might...

- help you to focus on the present
- help deal with stress, anxiety and depression
- improve your mood and concentration
- have a powerful effect on your mind and body

Being mindful takes practice, so if you are in the moment and you notice your mind wandering, be kind to yourself and gently bring yourself back to the activity.

Body Scan: Take two deep breaths. Then, starting with your toes, explore how they feel, then think about the soles of your feet and your ankles before moving slowly up your body relaxing each part of you until you get to the top of your head. You can then scan back down your body and try to let go of any tension as you do this. Pay attention to how they feel and explore, with curiosity, if they are carrying any tension or any aches and pains.

You may want to take a walk around the estate to find some of our other Mindfulness Stops or you can check out our website or scan the QR code to find the other stops on our Mindfulness Map.

Email: hello@crichton.co.uk
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Five Things: Take five minutes out of your day. Close your eyes if you want, and listen carefully, can you hear five different sounds? Can you see five green things from this bench? As you walk around the gardens, can you feel five different textures?

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Grounding: Sit or stand comfortably. Take a moment to breathe in deeply twice, then notice the point you connect with the floor and seat, notice how your feet feel, how your shoes feel on your feet, how the ground is supporting them, how the bench feels under your body, how it supports you and how your body connects with it.

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Take Five: Place one finger on your wrist at the base of your thumb. Run your finger carefully and slowly up and down the edge of your thumb and then each finger. Concentrate on how this feels and notice how the skin changes and how the pressure and speed change as you do this.

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The Crichton | **A place to breathe**

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Leaves: Find two leaves and explore how they look, feel, sound and smell. Can you see five differences between them?

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Breathe: Set a timer for one minute on your phone. Focus on your breath, notice how it feels as it comes into your body, how it feels as it travels down into your lungs, how your chest and stomach rise and fall. If it helps you to stay focused, count as you do it. Notice when your body knows when to breathe and how it changes as you breathe in and out.

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Be Grateful: Take a moment to think of three things you are grateful for today. They can be big things, like seeing a loved one, or small things, like the feeling of sunshine on your face or the smile you got from the café staff as you bought your coffee.

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Mindful Walk: As you walk around the grounds and gardens think about how your body feels, how does it move and change as you walk?

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