



Close your eyes,
Take a breath,
Inhale calm,
Exhale stress.

Health is a state of **Body**
Wellness is a state of **Mind**.

Mindfulness@porthcawlu3a.org

Jaci & Jeff
YMCA, first and third
Tuesday, 1.30 – 3.30 pm

MINDFUL SELF CARE AND WELLBEING – Tuesday 20th May 2025. – Jeff Shell.

Welcome and Introduction followed by a Grounding Meditation.



- What is MINDFUL SELF CARE AND WELLBEING?
- Why is it important?
- How to practice Mindful Self Care and Wellbeing
- Emotional Self Care
- Daily Practices

Consider your cup of mindfulness

Here's an example but reflect on what and how you would fill up your own Mindfulness Cup to sustain your wellbeing and enhance your life while embracing your personal mindfulness path, sip from it regularly as your practice evolves.

GROUP PARTICIPATION:

SEVERAL VOLUNTEERS FROM THE GROUP WILL BE ASKED TO (briefly) SHARE THEIR EXPERIENCES - BOTH POSITIVE AND DIFFICULT - (if they are comfortable to do so!).

Using creativity to enhance MINDFUL SELF CARE AND WELLBEING -

One of the most effective ways to fuel creative thinking is through mindfulness.

By fostering an environment of mental clarity, focus, and self-awareness, mindfulness has the power to unlock deeper levels of creative potential.

IDEAS FOR CREATIVE PURSUITS: -

Art/Painting, Various Types of Crafts, Photography, Creative Writing, Poetry - and many more.

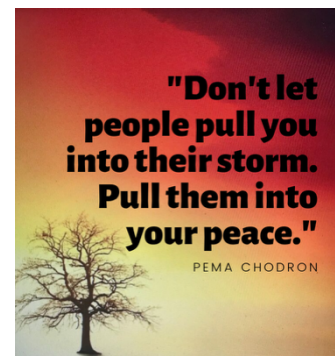
Using poetry to enhance MINDFUL SELF CARE AND WELLBEING

A NUMBER GROUP MEMBERS WILL BE INVITED TO READ POEMS RELATED TO WELLBEING AND SELF CARE - which you can find on our webpage.

DISCUSSION....>>> (main points and further discussion)

CLOSING MEDITATION - ME - CONFIDENCE MEDITATION

A closing summary of the afternoon giving gratitude and peace to all involved – Tea/Coffee and farewell



HOW POETRY ENHANCES MINDFUL WELLBEING

Poetry enhances mindful well-being by providing a creative outlet for expressing emotions, promoting self-reflection, and fostering a sense of connection and empathy. It allows individuals to engage with their feelings in a mindful way, helping to process complex emotions and find solace in the power of language and imagery.

Here's how poetry contributes to mindful well-being:

Emotional Expression:

Poetry provides a safe space to explore and express emotions, both positive and negative, which can be particularly helpful for those who find it difficult to articulate their feelings in everyday language.

Self-Reflection:

The act of reading and writing poetry encourages introspection and self-awareness. By engaging with poetic language and imagery, individuals can gain a deeper understanding of themselves and their experiences.

Mindfulness Practice:

Poetry can be a mindful practice in itself, requiring slowing down, paying attention to details, and interpreting symbolism. This can help individuals develop a greater awareness of their thoughts and feelings in the moment.

Connection and Empathy:

Poetry can connect us with the experiences of others, fostering empathy and understanding of diverse human emotions. It reminds us that our feelings are not unique and that we are part of a larger human experience.

Creative Release:

Writing poetry can be a therapeutic outlet, allowing individuals to release pent-up emotions and find a sense of relief and catharsis.

Cognitive Benefits:

Engaging with poetry can improve cognitive function, such as memory and language skills, by challenging the brain to process complex information and make connections.

A list of these poems can be found on our Mindfulness page

https://porthcawl.u3asite.uk/u3a_groups/mindfulness/

- **Topics**

- **Jeff's poems for Wellbeing.**

Have a go at writing a poem yourself, you could begin by just writing what your grateful for each day, then let your imagination fly.... Here's my effort, come on, give it a go, Jaci x



Paper Bird.

I have a paper bird in my heart, but her wings are wrinkled, and she cannot fly.

Someday I'll unlock the cage, caress and soothe her wings, and someday we'll soar away together, surging freely through the sky.