

# Welcome Home Wellbeing Programme

## Week 1 Introduction to Mindfulness

We explore 'What is mindfulness?' and what it isn't, some common myths or misconceptions. We will look at the unsettled mind and begin our practice by learning how to settle the mind.

## Week 2 Introduction to Breathwork

We familiarise ourselves with the breathing parts. How breathing affects our nervous system. Looking at better ways of breathing for energy and relaxation and how to apply breathing to different situations to increase performance, focus and calm.

## Week 3 Introduction to Restorative Movement

We will get to know our bodies from the inside out. Looking at different types of exercise for different people. What you can do to help your body.

## Week 4 Kindness and Compassion

The practice of kindness and self-compassion is at the heart of mindfulness. Here we look at several practices and techniques that will improve your relationship with self and others.

## Week 5 Overcoming Challenges

We will highlight our thinking obstacles and show some ways to overcome them. This includes a physical challenge if appropriate for you, through exercises, breathwork or cold exposure.

## Week 6 Mindful Outing

Here we take mindfulness to the streets and look at how our judgements can shape our relationships and communication. We will finish with a mindful tea or coffee and cake.

## Week 7 Value Driven Goals

Goal setting with a difference, getting to the heart of your motivations. By creating guiding values, meaningful goals and discovering your purpose.

## Week 8 Deeper Waters

Keeping our mindfulness practice with understanding of the subconscious. Here we go deeper with our curiosity. We look at ways to overcome negative thinking patterns and problem areas in our lives.

## Week 9 Recovery

We spend so much time pushing forward. Here we learn how to step back, to learn how to avoid burnout and get a good nights sleep.

## Week 10 You Are(n't) What You Eat

The course wraps up with some key information about healthy and mindful eating. As well as a chance to celebrate with some tasty treats and a review of the programme.

