



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

## Emotional well-being



# Mindfulness

*Easy Read*

A Down's Syndrome Association publication

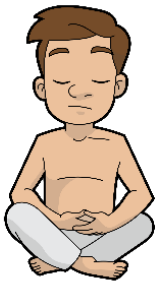
## What is mindfulness?



Sometimes our minds can become very busy.



Mindfulness can help us to feel calm and relaxed.

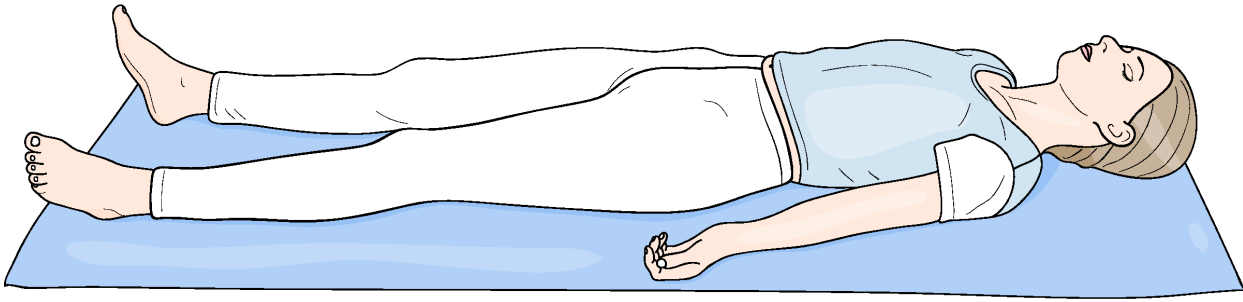


Meditating is a mindfulness activity.

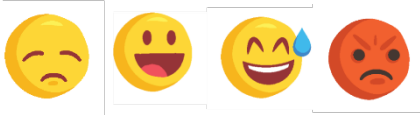


We might sit and follow our breath feeling it go in and out.

## What is mindfulness?



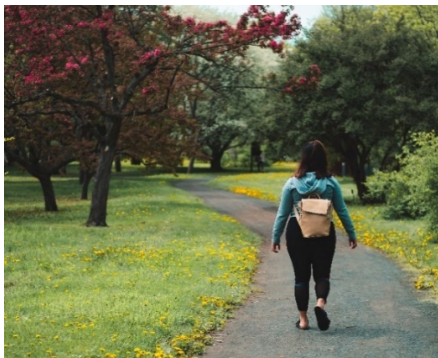
We might see what we can feel in our body.



It is also about knowing our feelings.



And seeing what is in the world around us.



We might practice Mindfulness when we go for a walk.

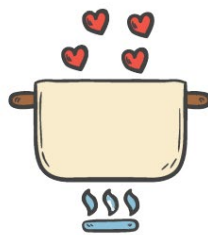
We can feel our feet on the floor as we walk.

## What is mindfulness?

### Mindful eating



**Don't rush**



**Think about who cooked the food**



**Avoid distractions**



**Think about where the food came from**

At mealtimes we can eat more slowly and smell, taste and feel the food in our mouth.

This is called Mindful Eating.



We can listen to sounds around us.

Are they loud or quiet?

Far away or close?

## What is mindfulness?



We can colour in a picture without doing anything else at the same time.



When we are meditating or eating, walking, listening, colouring, mindfully we might think that some things are nice.



And some things are not nice.



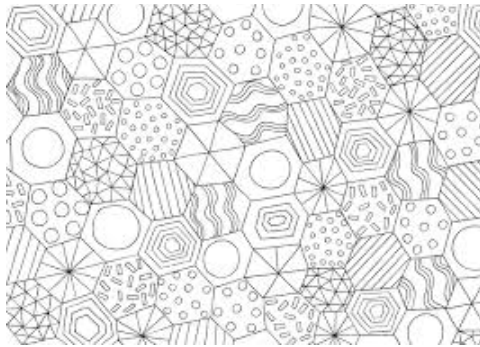
And this is OK.

## What is mindfulness?



If you want to try out a mindfulness activity you can listen to the relaxation recording that the DSA have made.

You can find it on our website at [downs-syndrome.org.uk/product-category/publications/emotional-well-being/](http://downs-syndrome.org.uk/product-category/publications/emotional-well-being/)



Or you can print off a colouring picture.

You can find some free ones on this website:

<https://www.crayola.com/featured/free-coloring-pages/>

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

## Contact us

### Down's Syndrome Association

Langdon Down Centre  
2a Langdon Park  
Teddington  
Middlesex  
TW11 9PS

t. 0333 1212 300

e. [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

w. [www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

### Wales

e. [wales@downs-syndrome.org.uk](mailto:wales@downs-syndrome.org.uk)

### Northern Ireland

e. [enquiriesni@downs-syndrome.org.uk](mailto:enquiriesni@downs-syndrome.org.uk)



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