

Relaxation

NHS Self Help Guide

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

Mindfulness

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

You can check your mood using this simple [mood self-assessment quiz](#).

Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.