

Take Notice

Make Time word search

Try to find a moment in your day to stop, and really see things. Taking notice of the world around you can make you feel differently. The mental wellbeing campaign Make Time, asks us all:

“when was the last time you noticed things around you?”

Why not share your own experience and encourage other people to notice their surroundings. Just post your comment on social media and tag your post with **#maketimewarrington**.

L	I	S	T	E	N	I	N	G	R	I	K	N	B	C	C	X	L	Z	A
D	U	N	O	I	T	N	E	T	T	A	G	N	I	Y	A	P	I	A	C
E	D	O	T	C	A	C	C	E	P	T	I	N	G	S	C	W	V	O	K
B	F	N	O	I	T	A	T	I	D	E	M	S	C	S	E	D	I	V	N
N	O	T	I	C	I	N	G	B	E	S	S	C	S	E	A	W	N	O	O
E	C	S	E	T	R	F	V	T	Y	E	H	E	A	R	I	N	G	C	W
C	U	C	A	E	R	T	Y	F	N	S	C	U	I	L	M	C	I	E	L
A	S	E	T	U	I	B	N	M	E	D	T	Y	B	L	I	U	N	R	E
E	E	C	E	S	W	S	L	S	C	F	E	E	L	I	N	G	T	T	D
P	S	C	R	E	C	A	F	O	R	T	U	I	O	T	D	T	H	U	G
G	S	K	G	N	C	A	J	P	O	X	T	O	C	S	F	Y	E	S	I
N	E	V	O	S	B	D	G	O	C	K	W	T	B	V	U	E	P	S	N
I	E	P	R	I	N	G	C	E	Q	E	I	X	E	R	L	E	R	E	G
D	I	G	L	N	C	W	Q	U	O	C	V	N	E	T	N	D	E	N	R
N	N	E	G	G	C	V	T	U	I	J	P	O	G	G	E	B	S	L	T
I	G	T	A	K	I	N	G	N	O	T	I	C	E	N	S	N	E	L	E
F	A	A	W	A	R	E	N	E	S	S	R	I	O	I	S	V	N	I	R
U	W	E	T	N	E	M	T	N	E	T	N	O	C	E	C	R	T	T	B
N	C	S	M	E	L	L	I	N	G	C	U	I	O	B	W	V	O	S	U

How many of the following words or phrases about taking notice can you find? The words are written forwards, backwards, up, down and diagonally.

ACCEPTING
ACKNOWLEDGING
AWARENESS
BEING
CALMNESS
CONTENTMENT
FEELING

FINDING PEACE
FOCUS
HEARING
LISTENING
LIVING IN THE PRESENT
LOOKING
MEDITATION
MINDFULNESS

NOTICING
PAYING ATTENTION
SEEING
SENSING
SMELLING
STILLNESS
TAKING NOTICE

www.happyoksad.org.uk is a mental health site for people who live or work in Warrington. On the site you'll find links to information about looking after your mental wellbeing, as well as details of local and national support services.

Mindfulness

Mindfulness involves focusing your awareness on the present moment, and calmly acknowledging your feelings, thoughts, and bodily sensations. It's an approach that can help to maintain or improve mental wellbeing.

Mindfulness-Based Cognitive Therapy is recommended by the National Institute for Health and Care Excellence (NICE) as an effective treatment for people who experience several episodes of depression.

www.happyoksad.org.uk

Happy? OK? Sad? is a mental health site for people who live or work in Warrington. The site has a section on mindfulness, which outlines some of the free mindfulness resources available. This area of the site includes links to podcasts, booklets on mindfulness and suggestions for practising mindfulness.

To find the information on mindfulness:

1. Go to **www.happyoksad.org.uk**
2. Click the blue button ***“adults click here”***
3. Go to the first bold heading ***“mental health and wellbeing”***
4. Next click the dropdown heading ***“looking after our mental wellbeing”***
5. Then scroll down to the heading ***“Mindfulness for wellbeing”***