Yellow Brick Road

Being in the moment

An introduction to mindfulness for whānau of people experiencing mental health challenges

If you're supporting a loved one experiencing mental health challenges, your stress levels can rise to harmful levels, often without you being fully aware that it is happening.

Mindfulness can help you develop inner skills that enable you to manage worries and stress (thoughts and emotions) more easily.

These skills already lie within you and are waiting to be discovered. By learning to tap into them you will find more space and clarity than before, helping you move through challenging times with more control and less stress.
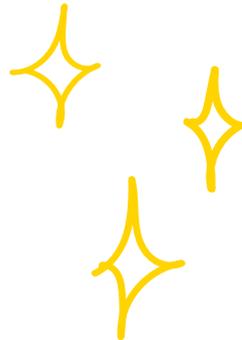
Why is self-management important?

Mindfulness is about harnessing that moment when you come out of your thoughts and into the present. It is about gaining awareness of what is happening right now... and now... and now.

→ It is about awareness... without judgment.

→ It is about observing your thoughts and emotions without getting hooked by them.

→ It is about being grateful for your existence, accepting what is and letting go.

Mindfulness takes practice and involves:

→ Focusing on each moment

→ Becoming aware of thoughts and feelings

→ Noticing distractions

→ Acknowledging what is present

→ Refocusing your mind

What is mindfulness NOT about?

Distraction

Mindfulness is not about distraction. Instead, it is about alertness, attention and awareness. It is like caffeine for the soul!

Relaxation

Mindfulness is not about relaxation. However, this can be a side effect once a mindfulness practice is established, as you will be better equipped to sit with thoughts and feelings. This will allow you to relax more, as opposed to being swept away or struggling.

Getting rid of unwanted thoughts and feelings

Mindfulness will not get rid of thoughts and feelings. Instead, mindfulness will help you observe these thoughts and feelings and allow you to let them pass.

Why is mindfulness important?

Mindfulness can help you cultivate your ability to focus and unhook from problematic thinking. By becoming more aware of your thoughts and feelings, you can make wiser decisions.

Noticing distractions can help you to be more present with family, friends and colleagues.

By acknowledging what is present, you can stay grounded and react to your environment in a calmer, more purposeful manner.

Mindfulness helps you to:

→ Savour and appreciate each moment

→ Develop self-compassion

→ Engage more fully with life

→ Choose your emotional responses

→ Practice acceptance

→ Ground, centre and drop the struggle

All of which create better mental wellbeing.
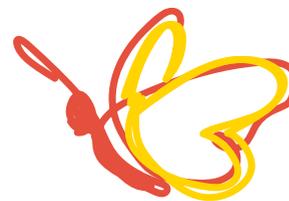
How can you become mindful?

To truly feel the benefits of mindfulness, you need to practice it and reflect on your experiences. Attending a mindfulness course will help you learn techniques, meet with others and share your experiences.

How Yellow Brick Road can help you

Every day we set out to ensure families feel listened to, supported, equipped and ultimately confident to overcome the challenges they face.

We can help you lower your stress levels whilst supporting loved ones by providing examples of practical mindfulness techniques, as well as mindfulness programs online or in your local area.

Please contact us to find out more.

It takes each of us to make a difference for all of us.

It's whānau ora, and it is the foundation that inspires every aspect of our work.

Yellow Brick Road is a national organisation that specialises in providing support for whānau who have a loved one experiencing mental health challenges.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk has a greater potential to lead to restored wellbeing.

Positive change is our singular focus. By working together, we can help you thrive.

Yellow Brick Road

Supporting families towards mental wellbeing

Northern Region
0800 732 825

Central North Island
0800 555 434

South Island
0800 876 682

yellowbrickroad.org.nz