**Mindfulness is weird**

Weird at first

Weird

**Beginnings**

First impressions difficult due to overall nervousness

Teachers introduced too soon in the programme

**Wise mind**

Wise mind as extra to activities

Really reinforced

**Avoidance of difficulty**

Focus on easy exercises

Unsure of being mindful when uncomfortable feelings are present

Keeping away from difficult bits

Use of familiar activity

**Teaching**

Experiential made more sense than explanation

Teachers not explaining enough

Relationship with teachers

Relationship with teachers

Teachers knowledge

Teachers not always mindful

**Changing relationship**

Realisation of it helping

Surprise at usefulness

Relationship to mindfulness changes over time

Change of relationship to mindfulness over time

Realisation of purpose

**Uncertainty**

Im not doing it right

Confusion

Mindfulness exercise right or wrong

Confusion

Uncertainty of concept

Uncertainty of why do mindfulness

Unsure when explaining mindfulness

Uncertainty of doing it right

Uncertainty of mindfulness in negative situation

Confusion

**Using the external**

External input

Staying with the external rather than internal thoughts

Just sitting not enough

Just listening not enough

Just focussing on feelings feels not enough

Need for external input

Need for external input

Replace thoughts with external input

Use of external input

Usefulness of external input

**Distraction**

Distraction form thoughts

Distraction

Distraction from urge

Distraction from thoughts

Distraction from anxiety

Distraction from negative emotions

Distraction from urge

Distraction from thoughts

Distraction from unwanted thoughts

Distraction

Distraction from thoughts

Distraction from negative thoughts

**Fun**

Mindfulness is best when having fun

Focus on fun

Fun makes mindfulness relaxing

Having fun

**Activity based mindfulness**

Mindfulness is the activity

Focus on activity

Exercise based mindfulness

Doing a mindfulness activity

Activity based mindfulness

Doing activity means calmer after

Using activity to deal with unwanted emotion

**Involvement (with activity)**

Being involved

Key element: participation

Importance of participation

More difficult to do if not involved

Preferences for mindfulness with other people

Participation easier

Importance of participation

Importance of getting involved

Importance of other people

Everyone finding same exercises tricky

**Calming**

Searching for calm

Slowing thoughts

Slowing thoughts down

Mindfulness as relaxation

Mindfulness as calming

Helpful to relax

Mindfulness as calming

Feeling relaxed

**New perspective**

After mindfulness can deal with difficult task

Able to act differently after mindfulness exercise

Helps to think ahead

Insight into feelings

**Process of mindfulness**

Dealing with what is there and not associations

Focussing makes it different to distraction

Focus helps to relax

Getting into the middle

Breathing

Insight into feelings

Observing

Shifting focus

Absence of thoughts

Focussing on feelings

Focus on one thing

Observing feelings

Being in the moment

Avoiding judgements

**escape**

Absence of stress

In my own little world

Being free

Just myself in the moment

Breaking free

**When to use mindfulness**

Problem solving

Emotional first aid to calm down

Using activity as first aid

Mindfulness as problem solving

Deal with unwanted emotion

To manage anxiety

Dealing with crazy (chaotic) thoughts

To calm anxiety

**Others –motivation and understanding**

Meant to

Actually voluntarily

Rules what im meant to

Guided by others

Other people told me

Prescribed by someone else

Told by other people

**Practice**

Need for practice x3

**Barriers**

Nervousness

Apprehension

This is not going to help

**Use of mindful language**