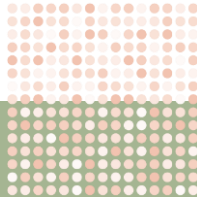




GLION SELF-HELP SERIES

Learning Support



Mindfulness & reflexion



Mindfulness and reflection help you slow down, understand yourself better, and respond more calmly to academic and personal challenges. Together, they support wellbeing, focus, emotional balance, and deeper learning.



What is mindfulness and reflection?

Mindfulness

It means paying attention to the present moment with curiosity and without judgment.

It helps you:

- Reduce stress
- Improve concentration
- Recognise thoughts and feelings more clearly

Reflection

It involves looking back on experiences, analysing what you learned, and understanding how to grow from them.

It helps you:

- Make sense of challenges
- Identify strengths and areas of improvement
- Connect experience with theory

Mindfulness keeps you grounded in the present; reflection helps you learn from the past.



Why these skills matter?

- Reduce stress and emotional overwhelm
- Improve academic performance and focus
- Support better decision-making
- Build emotional resilience
- Strengthen self-awareness and personal growth
- Encourage deeper understanding of academic and practical experiences





Step-by-step: how to practice mindfulness and reflection

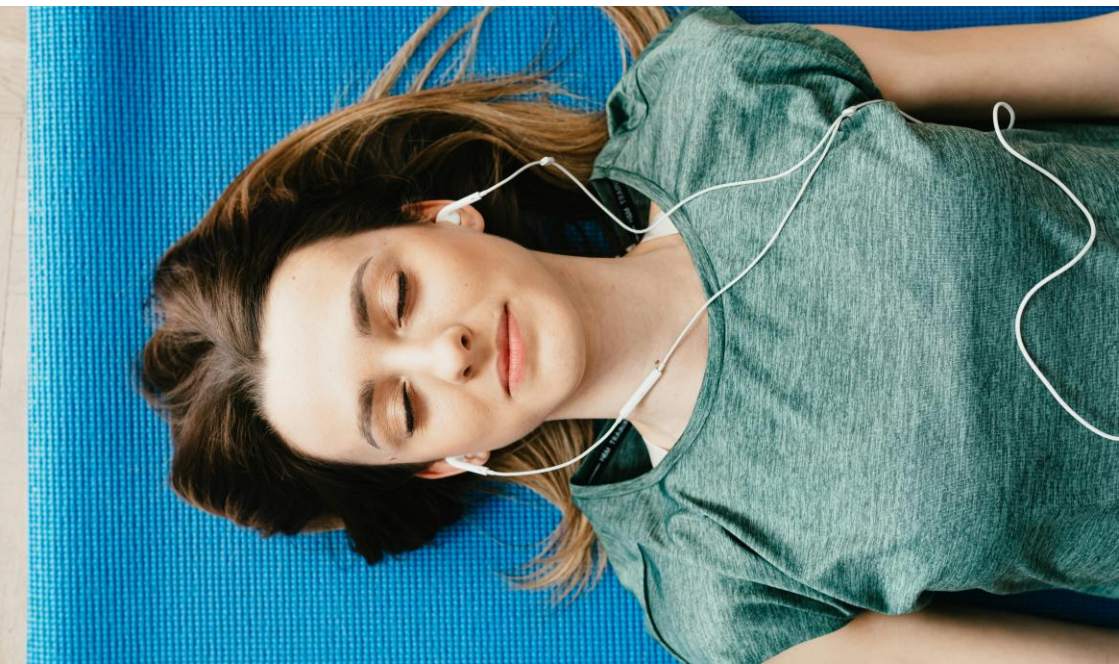
1 Pause and notice

Take a moment to check in with yourself.

Ask:

- What am I feeling?
- What is happening in my body (tension, restlessness, tight chest)?
- What is taking up my attention right now?

This simple pause helps interrupt automatic reactions.





2 Try simple mindfulness techniques

Breathing Exercise (1–2 minutes)

- Inhale for 4 seconds
- Hold for 2 seconds
- Exhale for 6 seconds
- Repeat 5–6 times

Great before exams, presentations, or study sessions. 5-4-3-2-1

Grounding

Identify:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Helps reduce anxiety and bring you back to the present.

Mindful Study Break

Spend 30–60 seconds focusing on your breath or posture instead of your phone.



3 Reflect with purpose

Reflection is more than describing events — it's about learning from them.

Ask yourself:

- What happened? (description)How did I respond? (feelings, thoughts, actions)
- What does it mean? (analysis, connection to theory)
- What will I do differently next time? (future action)

This structure can be used for internships, group work, class participation, or personal insights.

4 Use a reflection framework

You can use one of these models to guide your thinking:

Model	Key questions	Best for
Gibb's cycle	What? Feelings? Evaluation? Analysis? Conclusion? Action Plan?	Assignments & Reports
Driscoll's "What?" model	What? → So what? → Now what?	Short reflections & quick check-ins
Kolb's learning cycle	Experience → Reflection → Concept → Experimentation	Connecting theory and practice

Choose the one that suits your assignment or personal style.



5 Build a mindfulness routine

Start small — 2–5 minutes per day.

Ideas:

- Begin study sessions with 1 minute of breathing
- End the day with a short reflection or gratitude list
- Use a meditation app (Insight Timer, Calm, Headspace)
- Take mindful walks — pay attention to sounds, movement, and surroundings

Small habits have big effects when practiced consistently.

Example: Daily mindfulness & reflection log

Time	Mindfulness check-in	Reflection for the day
Morning	1 minute of deep breathing; set intention: <i>“Stay focused and patient”</i>	-
Afternoon	Noticed stress rising – took a 30-second pause	Group meeting went well; communication clearer than yesterday
Evening	Short walk without phone	I realised I need to ask for help earlier when confused about tasks



Tips & Tricks

Start small: even 30 seconds of mindful breathing helps

Avoid multitasking: it increases stress and reduces focus

Be kind to yourself: notice thoughts without judging them

Use reflection prompts: *“What challenged me today?” “What am I proud of?”*

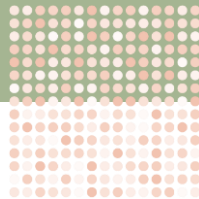
Pair mindfulness with study routines: before reading, revising, or writing

End the week with reflection: it boosts both learning and wellbeing



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