

Little Minds

Reflective Practitioner and Well-Being Tool



The Little Minds team have developed an evidence based reflective tool, which we offer to support practitioners in reflecting on their developing mindfulness practice and well-being. The full tool comprises of 5 sections covering

- Relational skills, Embodying mindfulness, Guiding mindfulness practices, Holding the group learning environment, Your wellbeing

Below is a sample of the resource, which is available in full, when you attend the Little Minds face to face training.

Your well-being Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last two weeks.	No, not yet.	Yes, but rarely.	Yes, sometimes.	Yes, definitely.	Not sure.
I've been feeling optimistic about the future.	1	2	3	4	5
I've have been feeling useful.	1	2	3	4	5
I've been feeling relaxed.	1	2	3	4	5
I've been dealing with problems well.	1	2	3	4	5
I've been thinking clearly.	1	2	3	4	5
I've been able to make up my own mind about things.	1	2	3	4	5