

BEING GROUNDED TO GIVE



A Volunteer's Guide to Balancing
Community Care with Self-Wellbeing

WHAT IS MINDFULNESS?

/'mʌɪn(d)f(ʊ)lnəs/



Mindfulness is the voluntary practice of bringing your attention **back to the present** moment, over and over again. It is a state of **focused, non-judgmental awareness** where you adopt an **open and flexible posture** toward your experience as it happens.

SHIFTING MODES

Most of us live in a "Driven Doing Mode" – **constantly reacting** to stress and tasks. Mindfulness allows us to shift into "Being Mode". Instead of **being controlled** by your thoughts, you learn to see them as **temporary "mental events"** rather than **absolute truths**.



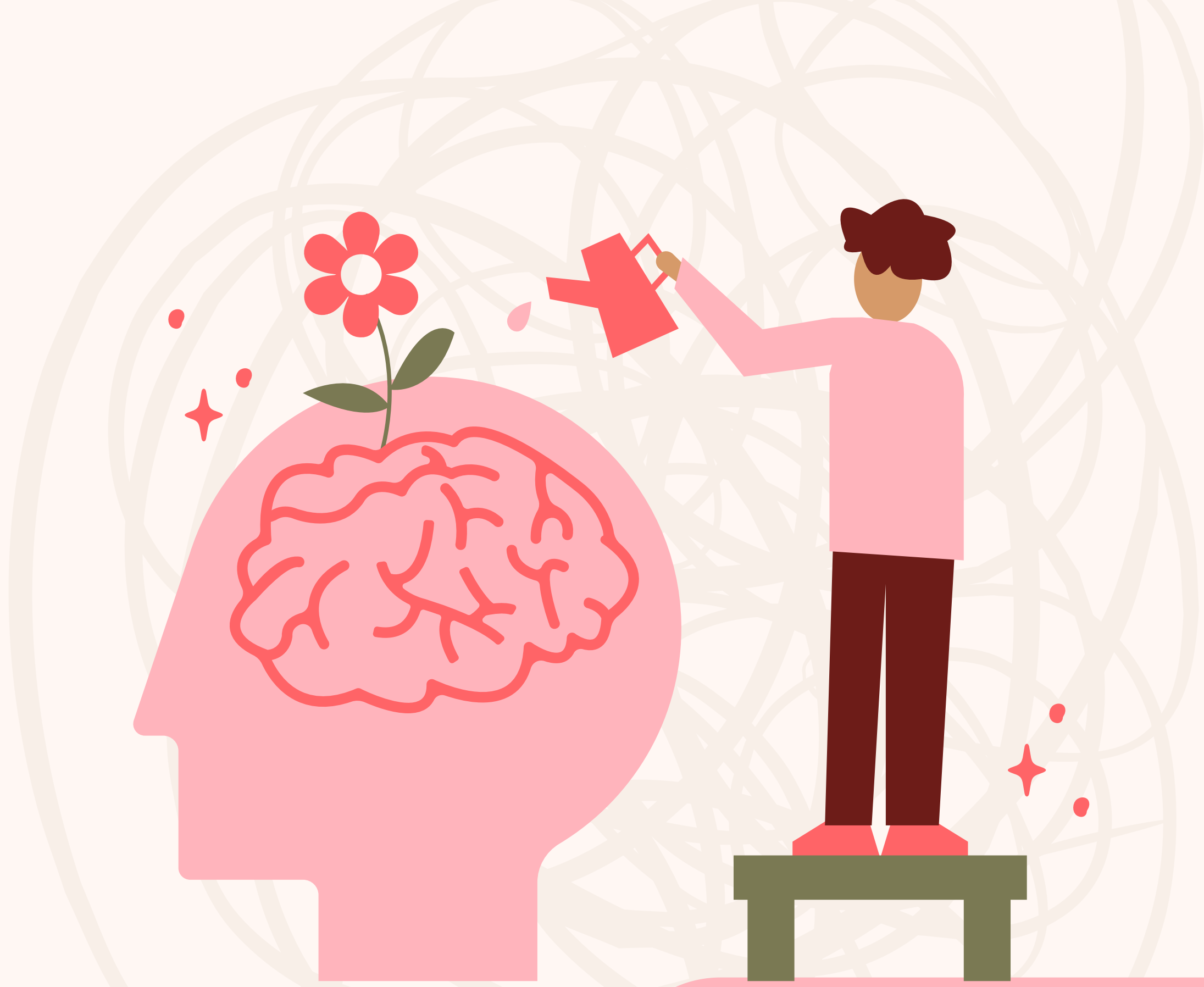
SELF-AWARENESS

Become aware of your thoughts, emotions, and bodily sensations.



MINDFULNESS

Pause, reflect, and respond more intentionally



Why Mindfulness for Volunteers?

Being Grounded to Give

Volunteering is high-impact work, but juggling it with school and personal life can lead to exhaustion.

Research shows that even short sessions of mindfulness can "light a spark" for spontaneous helping, empathy, and perspective-taking.

What you will gain at the end of the session:

- ✓ Engage in simple mindfulness practices
- ✓ Manage stress and emotional fatigue
- ✓ Increase awareness of your thoughts and emotions
- ✓ Apply mindfulness in your volunteering and daily life



Mindfulness helps you move from reacting without thinking to an "Intentional" state.



CEO of BETA

What is this practice?

It is a mindfulness tool that helps you become aware of your internal state in the present moment by Catching, Evening Out, and Opening Out.

This practice encourages you to observe your Body, Emotions, Thoughts, and Attention instead of reacting automatically.



Why It Helps:

- Increases self-awareness
- Helps you recognise emotional triggers early
- Reduces impulsive or reactive behaviour
- Supports emotional regulation
- Creates space between stimulus and response

How to Apply in Daily Life

- When you feel overwhelmed or anxious
- Before reacting in stressful situations
- When you notice negative thought patterns
- During moments of uncertainty

How to Apply in Volunteering

- When handling emotionally difficult situations
- Before responding to someone in distress
- When you feel frustrated, tired, or overwhelmed
- To stay calm and present when supporting others

Key Takeaway:

You cannot always control what happens, but you can become aware of how you respond!



Step-by-Step Guide



3 GOOD THINGS



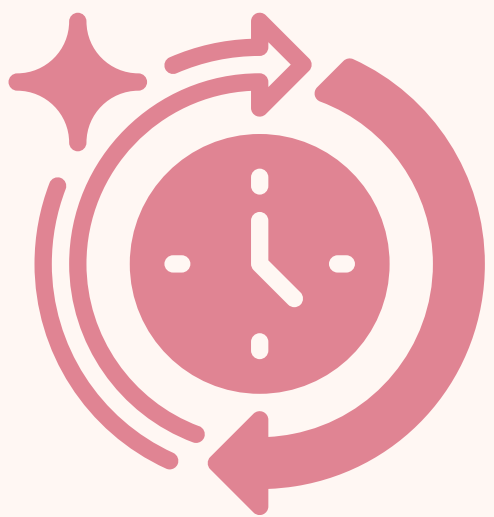
What is this practice?

A daily reflection where you identify and appreciate **three positive moments** related to your day or your volunteering journey.



Why It Helps

- Reduces negativity bias (our tendency to focus on negative experiences)
- Increases positive emotions and gratitude
- Improves mood and resilience
- Shifts attention toward what is going well



How to Apply in Daily Life

- Before going to sleep
- After a long or stressful day
- When you feel stuck in negative thinking



How to Apply in Volunteering

- Reflect on meaningful interactions with beneficiaries
- Notice small positive moments during volunteering
- Appreciate your own efforts and contributions

Key Takeaway:

What you focus on shapes how you feel – train your mind to notice the good!



3 GOOD THINGS

Step-by-Step Guide

» THINK

of 3 good things or specific moments that happened today. They can be small (e.g. a smile, a nice meal, a kind message).

» WRITE

these 3 things down, or visualize them in detail.

» REFLECT

on why they happened and notice how recalling them makes you feel.

MINDFUL WALKING

What is this practice?

Mindful walking is the practice of walking while paying full attention to your body movements and surroundings.

Why It Helps:

- Grounds you in the present moment
- Reduces stress and mental clutter
- Reconnects mind and body
- Provides a break from constant thinking
- Brings about positive emotions

How to Apply in Daily Life:

- Walking between classes or locations
- During breaks from studying or work
- While commuting (e.g. walking to MRT/bus stop)

How to Apply in Volunteering:

- Before starting a volunteering session to centre yourself
- During breaks to reset mentally
- After emotionally heavy interactions

Key Takeaway:

Even simple activities like walking can become moments of calm and awareness.



Step-by-Step Guide



Walk at a natural, comfortable pace

Focus on the sensation of your feet touching the ground

Notice your body movement and posture

Observe your surroundings
(e.g. sounds, sights, smells)

When your mind wanders, gently bring it back

MINDFUL WALKING

STOP TECHNIQUE

What is this practice?

A quick and practical mindfulness tool to use in stressful or overwhelming moments.

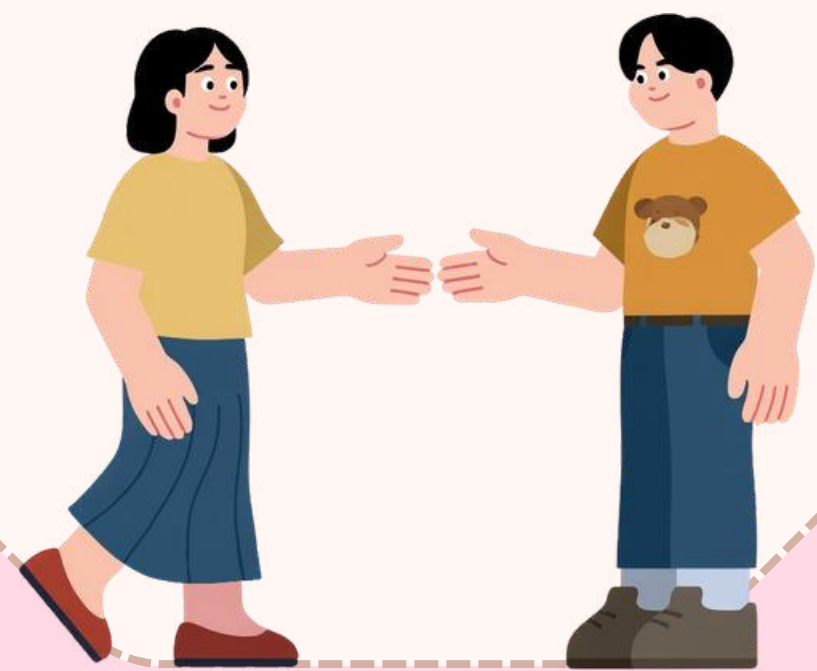
WHY IT HELPS

- Interrupts the chain of automatic reactions
- Prevents emotional escalation
- Helps you respond with clarity and intention, rather than impulsion
- Builds emotional control



HOW TO APPLY IN DAILY LIFE

- During conflicts or arguments
- When feeling stressed, anxious, or overwhelmed
- Before making important decisions



HOW TO APPLY IN VOLUNTEERING

- When dealing with difficult beneficiaries
- When feeling emotionally triggered
- Before or when reacting to unexpected situations



KEY TAKEAWAY:

A small pause can completely change your response.





STOP

Step-by-Step Guide



STOP



Pause whatever you are doing or thinking.



TAKE

Use one deep breath as an anchor to the present moment. Focus on your breathing.



OBSERVE

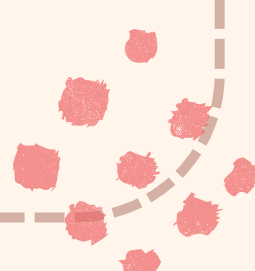

Notice your internal state — what are your BETA signals right now?

- Thoughts
- Emotions
- Body sensations



PROCEED

Choose how to respond mindfully. Continue with your task using a serene, pacifying response rather than an agitated one.



BEING GROUNDED TO GIVE



TAKE CARE OF YOUR MIND

Mindfulness is not about being perfect— it is about **being present**. As you continue your journey as a youth volunteer, remember to **care for yourself** with the same kindness you offer others.

