

Appendix 2 – Case study M

The young person I am working with, as part of the mini intervention of Living Mindfully is M who is a 21-year-old British Female who lives in Gateshead with her mother and father and two older sisters.

M attended mainstream primary school then specialist provision for students aged between 11-19. M has mild mental health issues and a mild to moderate learning difficulty.

M is willing to take part in the living mindfully project and is keen to share her worries with me. M often listens to her peers' life experiences and changes them into her personal experiences, which has caused trouble with M and her peers.

M can become upset easily and the intervention we practise is the 3-minute breathing activities in a quiet area until her anxieties are over.

Staff are aware that M and I are working together and Staff have often asked me to support M to reengage in her activities in class or on placement.