

Appendix 4 – Case study S

S is a shy young 21-year old with a history of depression.

He has difficulty focusing and concentrating on tasks in the classroom and homework tasks.

He agreed to explore a mindfulness-based exercise to help him concentrate.

We practiced breathing exercises and then he was encouraged to take 60 seconds each day to focus on only his breathing, staying in the here and now. He was told to do this several times a day. The long-term goal is to gradually extend the time to concentrate on his breathing.

He was reluctant at first and was distracted easily as he felt reserved, but with further encouragement he is now willing to give it a go.

This process has just been commenced. He has been encouraged to keep a mood diary to reflect thoughts and possible triggers.

The process will demonstrate whether concentrating on only breathing in the here and now for short and then lengthened periods of time will enable S to concentrate on class work for longer periods.