



# Mindfulness Information for Parents

Presenter: Karen Hasick, Mindful Practitioner

Mindful Presence Wellness, LLC

Visit the website: <https://mindfulpresencewellness.com/>

You can email Karen at: [betty@mindfulpresencewellness.com](mailto:betty@mindfulpresencewellness.com)

# Mindfulness Explained

## DEFINITION OF MINDFULNESS

Mindfulness is paying attention to our experience in a way that allows us to respond rather than react. We see our experiences without judging them as right or wrong. It is a quality of inner-stillness that is always available, even when our life circumstances feel out of our control and chaotic. It is possible to be mindful/aware/pay attention to everything in our experience including anything we experience through our five senses, as well as our thoughts and emotions.

# Mindfulness for Students

Studies find that youth benefit from learning mindfulness in terms of improved cognitive outcomes, social-emotional skills, and well being.

In turn, such benefits may lead to long-term improvements in life. For example, social skills in kindergarten predict improved education, employment, crime, substance abuse and mental outcomes in adulthood.

## *Mindfulness with Students*

Mindful Presence Wellness offers an instructional skill that enhances an individual's mindfulness and approach to life, fostering greater awareness. This empowers them to recognize their potential for success and to be mindful of their abilities, benefiting both themselves and humanity as a whole.

For mindfulness to work, we have to really do it. And in the beginning, it might seem weird or pointless. Although, keep in mind that this is new for everyone and we are all doing the same thing, so you are not alone in this mindfulness experience. If we don't do it, we can't determine if it is useful for ourselves or not. So, here is a list of some ways that you might find mindfulness to be useful and relevant in your own life.



Said something you wish you could take back?

Done something that you later regretted?

Felt angry and out of control?

Felt nervous or anxious about an exam or performance?

Been in a bad mood but not sure why?

Been in a bad mood but not even sure what emotion it is?

Felt like you need a break and want everyone to just leave you alone?

Had trouble falling asleep because your mind/brain won't be quiet?

Been accidentally spacing out?

Noticed that you do much better at anything when you are really focused?

Our emotions are continually changing. Difficult emotions like anger, fear, worry, and stress actually release chemicals in our brain that prevent us from focusing, learning, and can make us react and say and do things we didn't want to. Mindfulness stops these chemicals.

These examples and explanations may encourage you to practice mindfulness to discover for yourself if it is helpful for your life.

## Mind Full, or Mindful?

