ALL ABOUT MINDFULNESS

What Is Mindfulness?

Mindfulness is the act of being present in the moment and being aware of our thoughts, feelings, and actions. Examples include taking time to:

- Notice how you are feeling
- Think before you speak
- Pay attention to what your body is doing
- Control how you show your feelings
- Think about how others feel
- Notice what's going on around you
- Focus on your breathing
- Accept your thoughts and feelings

The Benefits Of Mindfulness

While the research about mindfulness is still ongoing, it shows that mindfulness has many possible benefits such as:

- Lower stress levels
- Improvement in managing emotions
- Lower levels of anxiety
- Lower levels of depression
- Improved focus & concentration
- Improved physical health
- Improved relationships
- Decrease in aggressive behaviors

Activities To Try

Try these mindfulness exercises with your child, or together as a family! Before and after the exercise, take three deep, slow breaths.

- **5-4-3-2-1:** Try to notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- **Belly Breathing:** Take a big deep breath in and pretend you just breathed in a ball of light. Notice as the ball of light travels through your body all the way to your toes.
- **Noticing New Things:** Look around the room and try to notice 3-5 things you haven't noticed before.
- **Noticing Your Thoughts:** Sit for one minute. Notice all of your thoughts. Do not try to change your thoughts, just try to notice them.
- **Body Scan:** Pay attention to the parts of your body individually and see what you can notice about how they feel. Start with your feet and move upward.
- **Find The Rainbow:** Look around the room and find one thing for each color of the rainbow. For an added challenge, try to find 5 things for each color.
- **Color Breathing:** Take 10 deep breaths. As you are breathing in, imagine that you are breathing in your favorite color. As you are breathing out, imagine that you are breathing out your least favorite color.