



Mindfulness

Mindfulness is the act of being present or paying attention in a purposeful, non-judgmental way. It can be doing the things we usually do like...



walking



observing



interacting

...but with
more
awareness!

Research shows practicing mindfulness for adults can reduce blood pressure, manage pain, decrease stress and anxiety, help to treat clinical depression, support weight loss, increase impulse control, and prevent substance use setbacks.

Children also Experience Benefits of Mindfulness

Children also experience benefits of mindfulness including increased executive functioning skills like focused attention, enhanced cognition, mental flexibility, emotional literacy, increased self-regulation, impulse control, self-initiated behavior compliance, and persistence.





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Controlled and Deep Breathing



"Ha" Breathing

Place your palms together in front of your body.

Hold your breath as you lift your hands over your head.

Exhale quickly with a "ha" or "ho" sound as you let your hands fall.



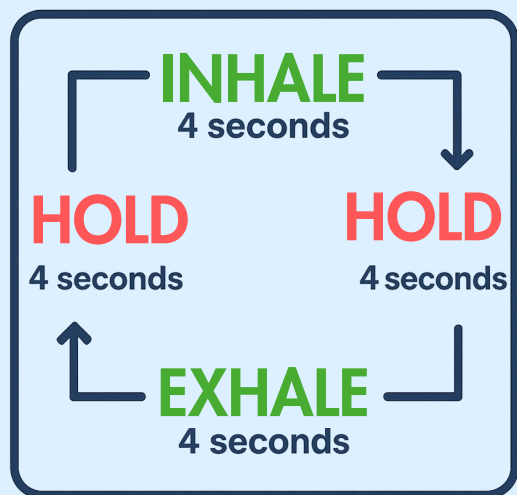
Lion Breathing

Place your hands on your knees and lean slightly forward.

Open your mouth wide and stick out your tongue as much as you can.

Exhale forcefully with a roar sound.

Box Breathing



Mindful Walking

5 things I can see

4 things I can hear

3 things I touch

2 things I can smell

1 thing I am grateful for



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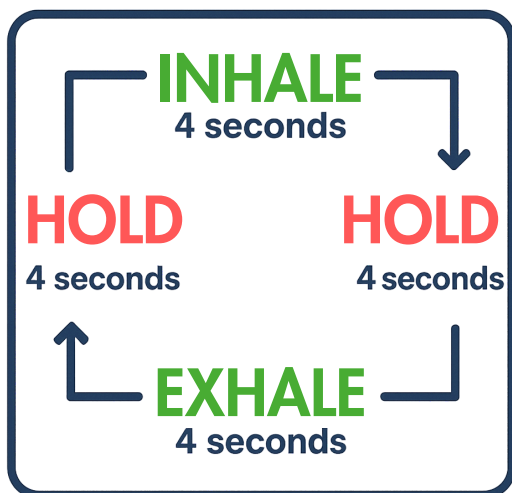
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