

What is Mindfulness?

-Mindfulness is being in the moment and having awareness of your thoughts, feelings, bodily sensations, and your surrounding environment.

- Being aware of our thoughts and tune into our senses and being in the here and now rather than thinking of the past and worrying about the future.

- Attitude that is curious , non - judgmental , curious and kind to self

Who Can Benefit and Why ? (We all can :)

Anxiety

-Mindfulness works because it helps you replace your stressful thoughts and anxiety with something positive.

Anger

The key to controlling anger is in our thinking, which allows them to pay attention to the present and observe and understand their thoughts and feelings before acting.

Self Confidence

Positive self Talk , Think of a new way of thinking about self.

TIPS



Exercise

Being in the here and now

Chat with friends / listen to friends

Do some Art

Take a Bath

Go for a walk

Listen to music

Breathing

Bake

Yoga

Clench your fist and breathe into your fingers

MINDFULNESS



**“YOU CAN'T STOP
THE WAVES , BUT YOU
CAN LEARN TO SURF “**

~ JON KABAT - ZINN ~



MINDFULNESS TECHNIQUES



RESOURCES

1. Calm <https://www.calm.com/>
2. Headspace : <https://www.headspace.com/>
3. <https://www.stressedteens.com/store/>
4. <https://www.mindful.org/audio-resources-for-mindfulness-meditation/>
5. Bluth K. The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (Instant Help Books, 2017)
6. Mark C. Purcell and Jason R. Murphy, Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT

Body scanning

The purpose of body scan mindfulness exercise is simply to notice your body. It is not necessarily about relaxing your body, however this may occur as a kind of side effect. It is simply about being aware of your body, in this present moment.

5 senses

- 5: FIVE things you see around you.
- 4: FOUR things you can touch around you.
- 3: THREE things you hear.
- 2: TWO things you can smell.
- 1: ONE thing you can taste.

Breathing

Sit comfortably in a chair, with your feet on the floor and hands in your lap. Inhale slowly through the nose for a count of four, allowing the air to fill your belly. Hold the breath in for a count of four. Exhale slowly through the mouth for a count of four.