

# Mindfulness

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A mental state achieved by focusing your awareness on the present moment, while calmly acknowledging and being aware of your feelings and thoughts.

# Why is this important to you?

- ★ In addition to having academic success, we want you to be happy and well.
- ★ Studies show a clear link between positive emotional classroom climates and academic achievement.
- ★ When feelings are not well managed, thinking can be impaired.
- ★ When practiced regularly, mindfulness can provide a powerful tool for restoring emotional balance and averting harmful behavior.
- ★ Mindfulness is attentiveness to the present as it is happening.
- ★ When you are mindful you will experience greater well-being, more positive emotions and reactions, and fewer anxious feelings.

# How can you practice mindfulness?

- ★ When you wake up in the morning, think about how you can be mindful throughout the day.
- ★ Take time to practice mindful breathing.
- ★ On your way to school notice how your body, mind and emotions feel. Focus on familiar sights with fresh eyes.
- ★ Before you come into the building, take a minute and stop what you are doing, think about the day and what you hope to get out of your classes and interactions with others.

# How Does This Work?

"Release"

<https://www.youtube.com/watch?v=GVWRvVH5gBQ>

## How to Breathe

One: <b>SUN</b> Look up to the sky and take a deep breath.		Two: <b>SHOE</b> Breathe all the way down to your foot in your shoe.	
Three: <b>ME</b> Breathe up from your shoes and all the way to your head!		Four: <b>ONE MORE!</b> If the first three felt good, try one more!	

LeftBrainBuddha.com

# Mindful Moment Room

The Mindful Moment Room is a place of calm, where you can come in order to reduce stress. A counselor will talk with you and you will have time for mindfulness practice (most often this will be guided breathing exercises or meditation).

What does the room look like? It's comfortable and calming, with pleasant sights and scents.



Room to  
Breathe

## Next Steps:



Take a few minutes to think about how you can benefit from being mindful.

What is one thing you might be able to do to develop a more mindful mindset?

What is something our school can do to help you be more mindful?

# Resources

## Free Apps:

- ★ Insight Timer: over 4,000 free guided meditations
- ★ Aura: every day you get a 3 min. personalized meditation
- ★ Omvana: contains thousands of meditations
- ★ Stop, Breathe and Think: teaches about mindfulness
- ★ Calm: relaxing sounds and meditations
- ★ Headspace: great for people just starting out
- ★ Buddhify: short guided meditations