

Welcome to “Mindful Strategies to Reduce Stress And Increase Focus”

Presented by Ms. McSkeane

English 8 Teacher

What is Mindfulness? Why try it?

Mindfulness is “being in the moment”. It means focusing on the present moment without judgement and not focusing on the past or the future. It is the opposite of “multitasking”.

Regular practice of mindfulness exercises, even small bursts, can help manage stress, improve emotional regulation and boost attention for both middle schoolers and adults.

When can we fit this in? (One more thing?)

1 | Mindful Mornings

- Set an intention
- Have a post it note on the mirror in the bathroom with a positive quote or affirmation
- Play soothing music
- Stretch and breathe

2 | Mindful Mealtime (or car ride!)

- When you can, make meals together. Slowly enjoy the meal. Encourage “sparkling conversation”
- In the car, turn off radio and notice what is around you. Pay attention to the fall trees!

3 | Mindful Evenings

- Even older kids need a bedtime routine!
- No screens an hour before bedtime.
- Practice gratitude.
- Do a “body scan or tense and release” exercise before sleep.

5 simple practices for busy students

#1

Power Pose- this pose helps with confidence and focus!

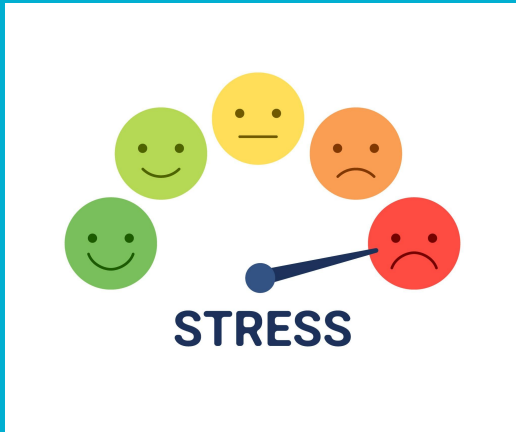
Do this for two minutes before a test or big game!



#2 Visualization

Go to your Happy Place!





Let's try two of my faves!

Tense & Release

Now let's try a body scan...



How can we use affirmations?

- Positive affirmations are statements that, when said repeatedly, can help teens overcome negative and self-sabotaging thoughts.
- Positive affirmations can help teens build resilience.
- There are many types of positive affirmations, including those to build self-confidence, increase academic success, and improve relationships.



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Thank you so much for joining us tonight!

Please reach out to me here at Pyle if you have any questions or suggestions. Kathleen_McSkeane@mcpsmd.org

I am collecting an informal interest survey to see if students would be interested in an after school group that focuses on mindfulness practices.

“Don’t sweat the small stuff. And remember, it’s all small stuff.”