

Mindfulness, Meditation, and Breath Work.

Every day we are faced with many challenges and distractions.
Many of us also deal with symptoms of anxiety and other mental health issues.
Mindfulness, Meditation and Breath Work can provide a healthy way to cope with many of these struggles.

MINDFULNESS

Allows us to live in the present, focus, and bring more awareness to what we experience moment to moment.







MEDITATION

Is a practice in which we can create a sense of relaxation by calming down our minds.

BREATH WORK

Various breathing techniques allow us to connect to our bodies and remain in the present moment.

POSSIBLE BENEFITS FROM PRACTICE

-  Relief from stress & anxiety.
-  Increased focus.
-  Aid in emotional health.
-  Greater mind-body connection.
-  Increased compassion & empathy - the ability to care for ourselves and others.
-  Aid in self-regulation - controlling our emotions and behaviors.



A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

S
Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

N
Notice

What is happening within and around you?

A
Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

C
Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K
Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

"Meditation has helped me be more relaxed. It has helped me be more positive throughout my days." - Student

Affirmation:

"I am gentle and kind with myself as I grow and change."

Tummy Breath

Sit or lay comfortably. Place your hands on your stomach. Breathe in deeply through your nose and feel your hands rise and then feel them lower as you slowly exhale through your mouth. Continue to feel the rise and fall of your hands as you breathe in and out.

Affirmation:

"This is a new day. I am a new me."

Bee Breath

Sitting comfortably, gently place the tops of your pointer fingers on your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

Affirmation:

"I accept all my emotions and express them in a healthy way."

Shoulder Roll Breath

Get comfortable in your seat. As you take a slow deep breath in through your nose, raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

Affirmation:

"I feel safe in the flow of life that is always changing."

Ocean Breath

Breathe in deep through your nose. Keep your mouth closed, exhale while you make the sound of the ocean or ocean waves in the back of your throat.

Affirmation:

"I love myself just the way I am."

Square Breath

Breathe in for a count of four, and hold for a count of four. Then breathe out to a count of four, and wait for a count of four before breathing again. You can draw a square in the air while you breathe, to help you stay on track.

Affirmation:

free to choose thoughts of joy and I keep my thoughts positive."

Take 5 Breathing

Sit comfortable, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and breathe out as you slide down. Continue breathing in and out as you trace your whole hand.

Resources and References:

www.louisehay.com
www.childhood101.com/fun-breathing-exercises-for-kids/
www.anxietycanada.com/parenting/how-teach-your-child-calm-breathing
www.mindbodygreen.com/0-24120/5-easy-breathing-techniques-to-calm-your-kid-and-relax-the-whole-family.html

Calming
Apps:



Calm



Breathe



Headspace



insight
Timer