

What is Mindfulness?

Mindfulness means paying attention to the present moment, without judging or trying to change it. This involves observing your thoughts, feelings, and sensations without getting caught up in them.

Key Elements

Awareness = Noticing your thoughts, feelings, and sensations as they happen. The goal isn't to stop thinking—it's to become aware of your experience, rather than getting lost in it.

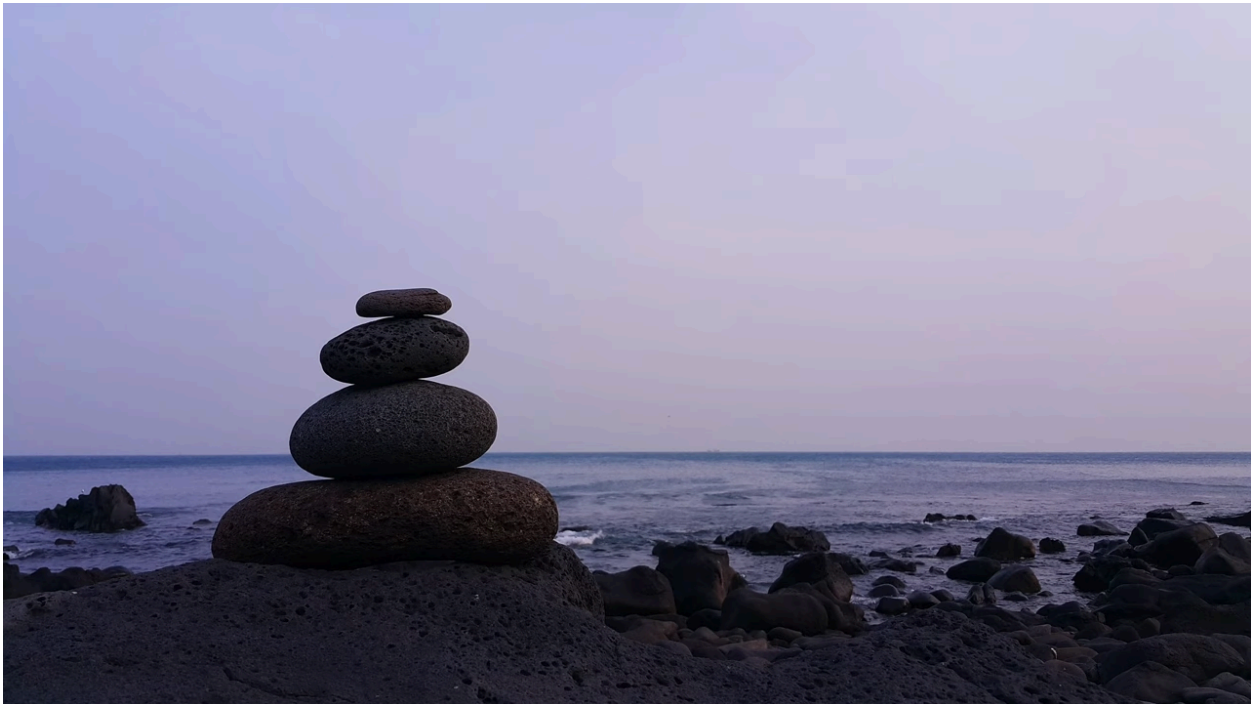
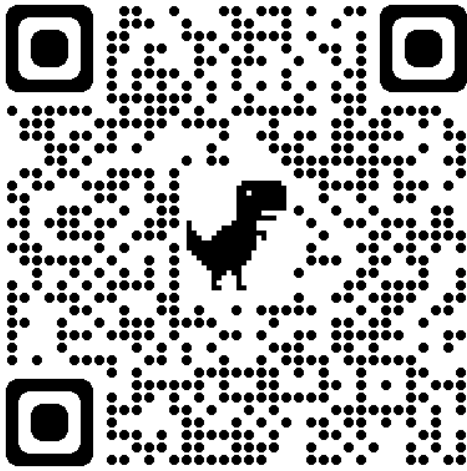
Acceptance = Noticing your experience *without judging* or trying to change it. For example, if you notice a feeling of anxiety, simply state to yourself: "I notice I'm feeling anxious."

Benefits

- Decreased depression and anxiety
- Greater satisfaction in relationships
 - Improved memory and focus
 - Less overthinking or obsessing
 - Improved resilience to stress
- Improved ability to manage emotions

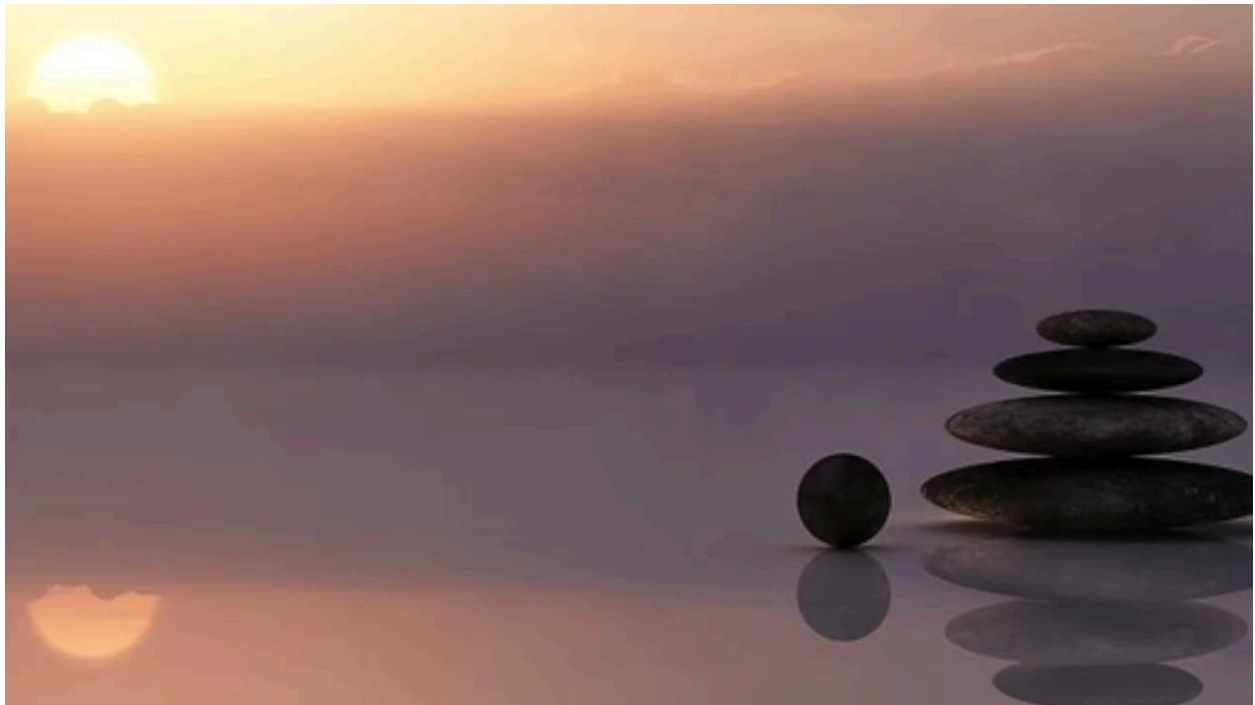
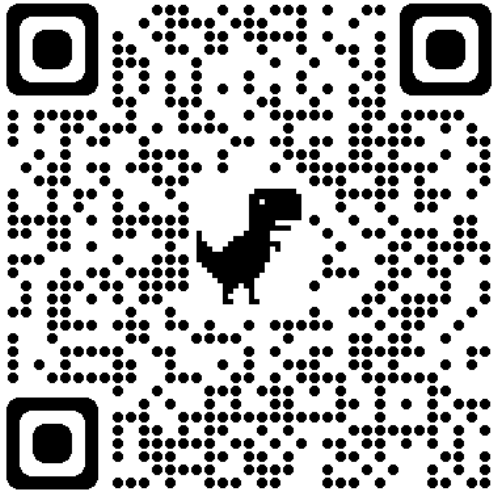
GUIDED IMAGERY RELAXATION

1) <https://www.youtube.com/watch?v=Jholcb8Gz0M> (2 min.)



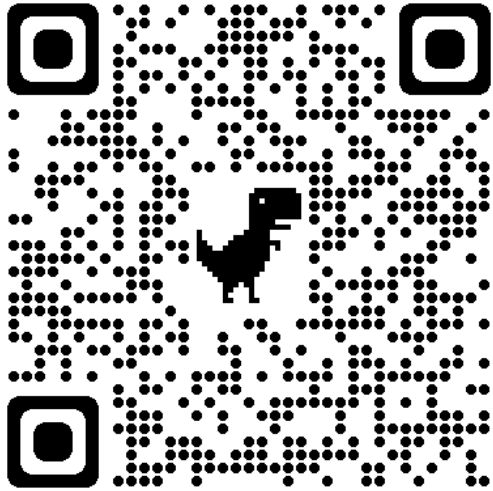
GUIDED IMAGERY RELAXATION

2) <https://www.youtube.com/watch?v=6BSIx8tCISk> (10 min.)



GUIDED IMAGERY RELAXATION

3) <https://www.youtube.com/watch?v=aKOtPuCR2gQ> (river) (10 min.)



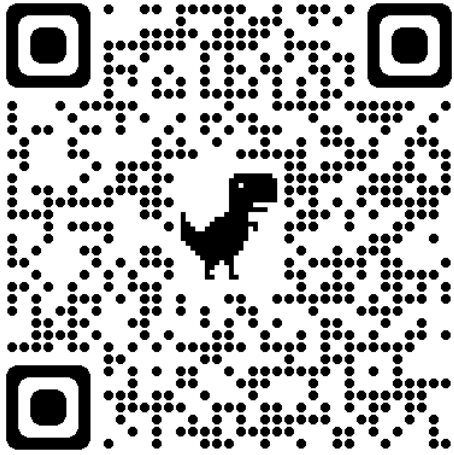
GUIDED IMAGERY RELAXATION

- 4) <https://www.youtube.com/watch?v=6am3OS-Ejzk> (forest) (12 min.)



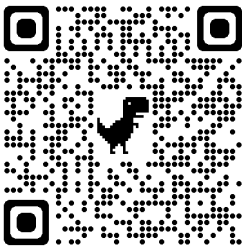
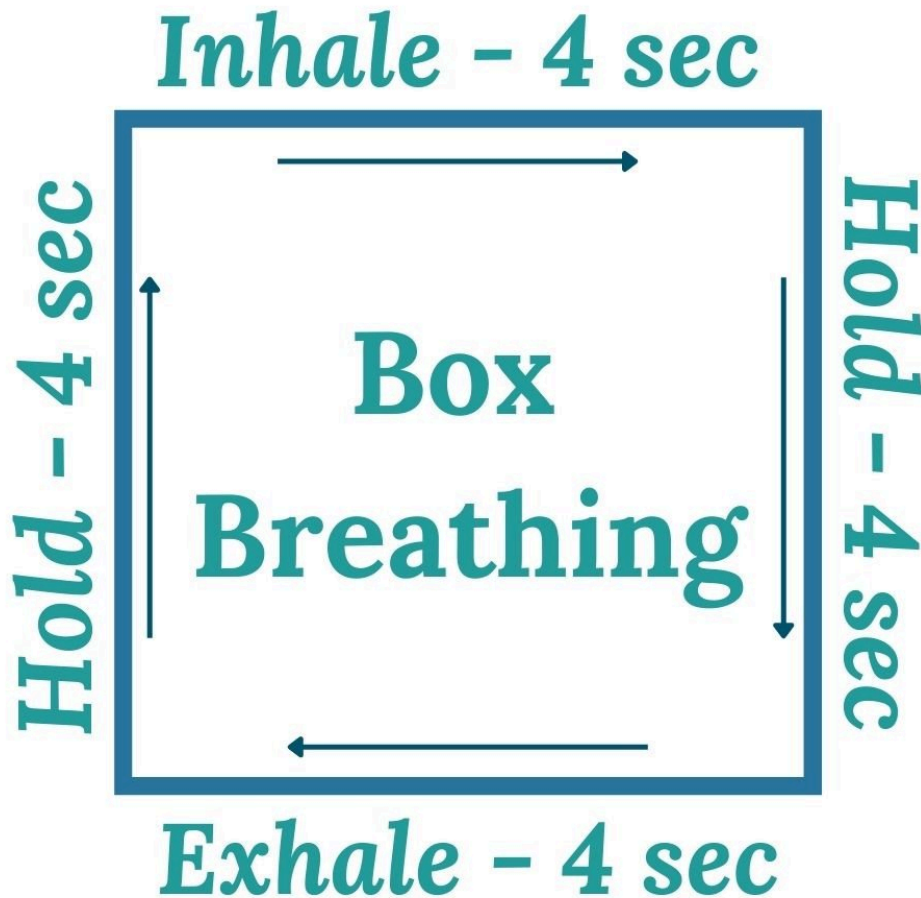
GUIDED IMAGERY RELAXATION

- 5) <https://www.youtube.com/watch?v=OyNYg85R1jc> (beach) (5 min.)

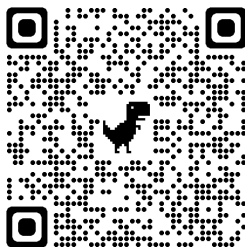


SQUARE/BOX BREATHING

<https://www.youtube.com/watch?v=tEmt1Znux58> (3 min)



For video



For picture

5 SENSES GROUNDING ACTIVITY

<https://www.youtube.com/watch?v=ezhqPDx0FhI> (1.5 min)

Stay Grounded Using Your 5 Senses


Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5 Things You Can See 

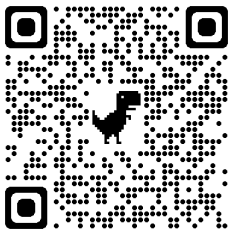
4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 

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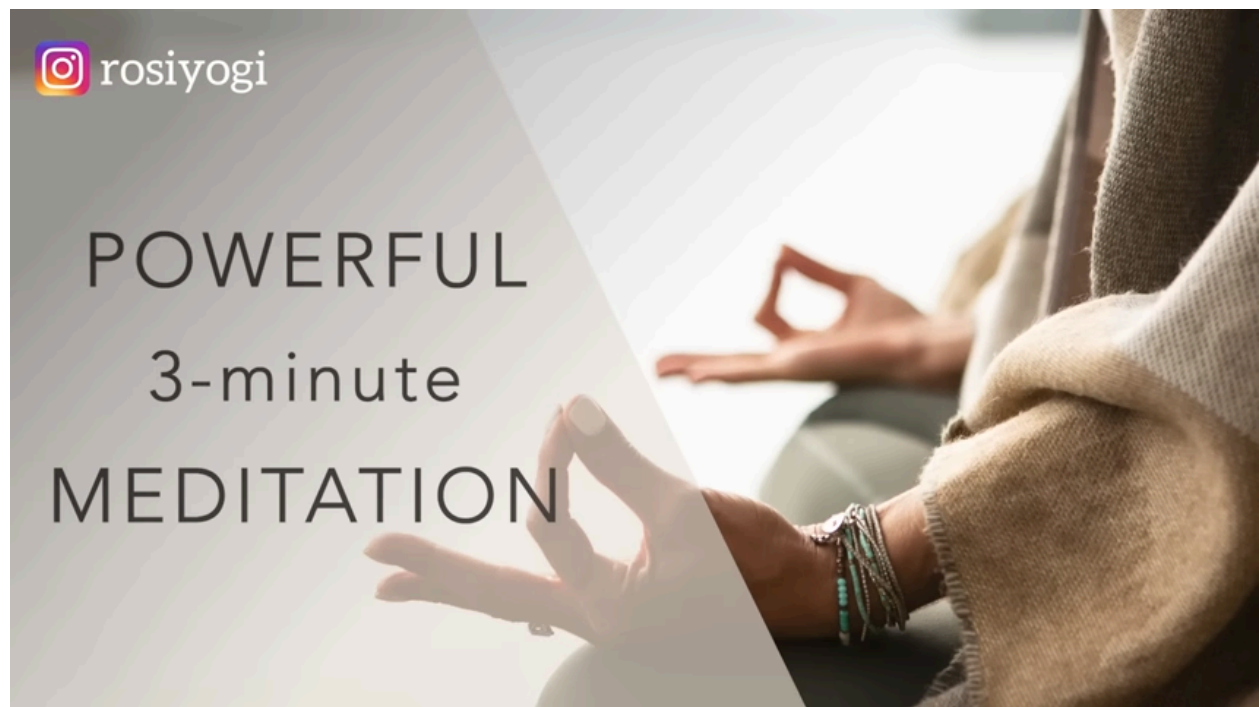
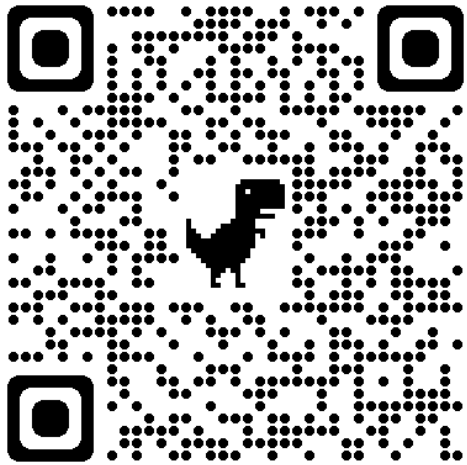
For video



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MINDFUL BREATHING: 3 min. Meditation

<https://www.youtube.com/watch?v=OzOStJ6Knt4> (3 min)



HAND MODEL OF THE BRAIN



At the base of your brain, represented here by your wrist, is the brain stem. It's responsible for basic things like breathing and keeping your heart pumping.



Your thumb, folded in, sits in the middle, just like the amygdala in the brain. The amygdala is responsible for sensing danger and telling the brain + body.



Your fingers are like your pre-frontal cortex- that's the part of the brain that helps us manage emotions and make complex decisions



When fear, danger, or intense emotion overwhelm our amygdala our prefrontal cortex goes offline and we "flip our lid." That's why sometimes it is so hard to make thoughtful decisions when we are very upset.

When brains are overwhelmed like this, they need a break to reflect and reconnect.

CONCEPT CREATED BY DAN SIEGEL MD. VISUALLY TRANSLATED BY LINDSAY BRAMAN

Adult version video: <https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Kid version video: <https://www.youtube.com/watch?v=IRmnVmELMn8>

SELF LOVE MINDFULNESS Script

Go ahead and get yourself in a comfortable position and bring your focus to your breath. Close your eyes or soften your gaze. Notice the air as it flows in and out of your lungs, chest and belly...rising as you inhale, and falling as you exhale...don't try to change anything about your breath, just observe...do a quick body scan and find where your tension is, and where you are relaxed...begin to breathe in relaxation and breathe out tension...Breathe in relaxation, and let the tension leave your body with each exhale...

As emotions and thoughts come up during this meditation, do your best to acknowledge them without judgment and treat them like clouds passing by in the sky...just notice them, but let them pass by...

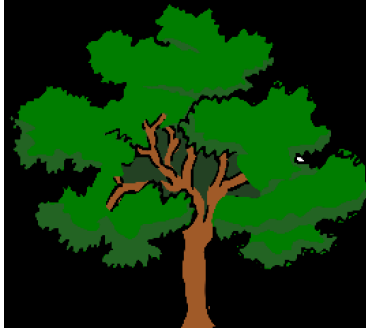
As you continue to breathe, begin to imagine breathing in warmth and love, letting it fill your body completely, from head to toe...

With warmth and gentleness towards yourself, begin to repeat the following love affirmations to yourself:

- I choose to be kind to myself.
- In every way, I am already enough.
- Rather than worry about what others think, I choose to live my life for myself.
- I choose to think positive thoughts about myself.
- Rather than follow the expectations of others, I choose the path that's right for me.
- If I want to change, that's okay. But I don't have to change in order to love myself.
- I walk through the world feeling loved, by myself and by others.
- My own approval is worth more than the approval of others.
- Taking time for self-care is not the same as being selfish.
- Sometimes, I feel emotionally uneasy. That's okay. I allow myself to feel all feelings.
- I love who I used to be, who I am, and who I'm becoming.
- Although I've made mistakes, they don't define me.
- I am worthy of forgiveness. I choose to forgive myself.
- I'm allowed to set boundaries and expect others to follow them.
- My voice deserves to be heard, and my feelings deserve to be shared.
- I have something of value to give to the world just by being me.

Continue to feel the love and warmth as you bring your attention back to your body, wiggle your toes, roll your shoulders and when ready go ahead and open your eyes. Notice how you feel, inside and out.

Try to keep these feelings of self-love with you throughout your day and remember that whenever you need it, it is inside of you. Say these affirmations to yourself frequently to practice this self-love and it will become easier and more familiar.



Strong Tree Meditation Script

Close your eyes and take three long deep breaths as you feel yourself sink deeply into the ground and your body becomes relaxed.

Now, imagine that you are standing on a path at the edge of a small forest. The bright sun warms your back as you face the opening in the trees. The cool breeze from the forest is inviting you to enter. The path is clear and broad. It is easy to follow. And so you step into the forest. All around you, you can hear birds calling to one another. Their sounds are gentle and sweet. It is as if they are encouraging you to take a few more steps into their home. And so you do. The peace in the forest is total. You are aware of small animals around you. You see rabbits and squirrels romping and playing. You can hear the sounds of more birds hidden in the dense canopy of the forest.

As you continue to walk forward, there before you is a beautiful, massive, strong tree. It has a strong root system coming out of the earth, anchoring it in place. You decide to climb into the roots, and it's as if the roots create a special natural bench for you to sit. You notice that the roots connect to a small creek of cool running water near where you are sitting, so you dangle your feet into the water below, sending a cool, pleasant tingle up from your feet to your ankles, then up your legs to your tummy, now you feel the coolness touching your fingers and then up your arms, into your chest, neck, then your forehead feels cool and calm. Breathe in this cool, refreshing feeling. Your entire body feels refreshed and relaxed as you dangle your feet in the river, sitting on the strong roots of the tree. Your mind begins to focus on the strength of the tree, its power and stability. You think about how it is deeply rooted into the ground and how it is connected to the earth. Your thoughts drift to how the tree gives its shade, its oxygen to the air we breathe, how it provides a home to birds and other animals, and how it gives you a sense of being strong, stable, and protected.

You take one last deep breath in the forest and know it is time to leave. You begin to start walking down the forest path, feeling the sun warm your body again. You turn around to bid your tree good-bye. You know that you can return to the strong stability of the tree, and it's refreshing waters below whenever you need to. Take a deep breath in and return to the room when you are ready.

Mandala (muhn-DA-luh):

- a round design consisting of very intricate, symmetrical patterns and shapes in balance
- ancient art form with origins in Hindu and Buddhist cultures
- from the Sanskrit word for circle (sense of wholeness created by circular forms)
- in Tibet, called Khyil-khor, the center of all creation where true awakening lives
- speaks to the time space continuum and the cycles in nature
- found helpful in connecting to our inner self
- think (hyperfocus/grounding in prefrontal cortex) & feel (sensory/emotional in limbic system)

Create a personal mandala, start from the inside moving out or inside moving towards the center.

Look for the patterns in your mandala

Premade mandala coloring sheets are available here:

<https://mondaymandala.com/m/> (216 free downloads)

[Blank](#) template



Music to enjoy:

<https://youtu.be/q6z-GjZQ89Y?feature=shared>

And more...

1. **Breathing Exercises:** <https://www.mindful.org/a-five-minute-breathing-meditation/>
 2. **Body Scan:** <https://www.youtube.com/watch?v=Xo3PetVUclc&feature=youtu.be>
 3. **Mindful stretching:** <https://www.youtube.com/watch?v=uf3SG1Hv-tA>
 4. **Progressive Muscle Relaxation (PMR):**
<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Panic/Panic---Information-Sheets/Panic-Information-Sheet---05---Progressive-Muscle-Relaxation.pdf>
 5. **Gratitude meditation:**
<https://www.bing.com/videos/search?q=5+minute+mindful+stretching&&view=detail&mid=2F83019E4273789001A22F83019E4273789001A2&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3D5%2Bminute%2Bmindful%2Bstretching%26FORM%3DHDRSC4>
 5. **Walking meditation:**
<https://www.bing.com/videos/search?q=mindfulness+walking+meditation&&view=detail&mid=FC94B4980A9713EE2416FC94B4980A9713EE2416&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmindfulness%2Bwalking%2Bmeditation%26FORM%3DHDRSC4>
- Another option:**
<https://www.mindful.org/a-guided-walking-meditation-to-connect-with-your-senses/>
6. **Journaling:** <https://positivepsychology.com/journaling-for-mindfulness/>

Other Resources:

The Power of Mindfulness: What You Practice Grows Stronger | Shauna Shapiro | TEDxWashingtonSquare <https://www.youtube.com/watch?v=lebIJdB2-Vo>

<https://www.mindful.org/>

BREATHING, GUIDED IMAGERY, MEDITATION, MANDALA, AND SCRIPTS
(complete list)

