

Videos on Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Use the following links to help you practice mindfulness!

[Under Pressure - Mindfulness for Teens](#)

- Learn about mindfulness and how our favorite celebrities use it in their everyday lives

[Lesson 1 Mindfulness Basics](#)

- Hear about mindfulness and how it can change your perspective from some celebrities including Jay-Z, Russell Simmons, Hugh Jackman, Chuck Person, 50 Cent, and more!

[Mindfulness Breathing and Directed Doodling](#)

- *Center yourself and breathe. Give yourself a chance to relax and find focus for the rest of your day.*

[The 5-4-3-2-1 Method - Grounding Exercise](#)

- A grounding exercise to help you stay in the moment and avoid negative thinking and worry.

[10 Minute Meditation for Anxiety](#)

- Allow yourself time and space to rid your mind of anxiety.

[Mindfulness Art - Mandala Hands](#)

- Feeling crafty? Let this mindfulness activity guide you through the creative process.

Mindfulness Activities

[Grounding Techniques](#)

- ★ Grounding is a therapeutic technique that helps you “ground” or recenter yourself to the earth. It is especially helpful for coping with triggers and anxiety attacks.

[32 Mindfulness Activities for Any Age](#)

- Check out this site for simple activities that you can do to increase your mindfulness

[Mindfulness Activities and Games for Teens](#)

- Play games and learn about other ways that you can insert mindfulness into your daily routine

[11 Mindfulness Activities](#)

- Try these mindfulness activities at home to relieve stress and anxiety

Mindfulness Apps

[Breethe](#)

[Headspace](#)

[Calm](#)