

# Dakota Ridge Area Mental Health Minute



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## Mindful March

### GENERAL INFO:

Mindfulness is the process of purposely bringing one's attention to the experiences occurring in the present moment without judgment. This includes a variety of practices that raise self-awareness, including journaling, yoga, mindful eating, & meditation (which is most commonly associated with mindfulness).

### THE BENEFITS OF MINDFULNESS

#### Physical

✓ Boost energy levels

✓ Improves sleep

✓ Reduces chronic pain

✓ Improves heart function

✓ Helps with digestive problems

#### Mental

✓ Relieves stress

✓ Reduces anxiety

✓ Improves mood and happiness

✓ Boosts concentration and focus

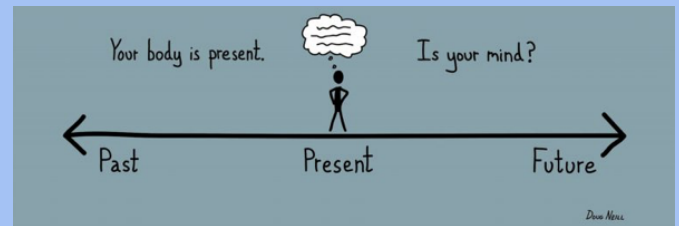
✓ Improves self-esteem

### Common Mindfulness Myths:

#### Myth 1: Mindfulness is a religious practice.

Mindfulness is not a religious practice though some religions might incorporate it. It's similar to how there are religious songs, but not all music is religious. Mindfulness can be practiced by anyone, anywhere and has a lot of scientific evidence supporting its use in schools (and other places too)!

### STRATEGIES:



- Keep a Gratitude Journal
  - [Primary Template Example](#)
  - [Secondary Template Example](#)
- Coloring & Creating
- Yoga & Stretching
- Guided Meditation
  - Body Scans- [General Child Example](#)
  - [Mindful Walking](#) (10 minute Example)
  - Sound Baths- [5 minute example](#)
  - [Specific Guide Imagery Techniques](#)
  - [Links to Guided Meditation](#)
- Self-Monitoring
  - Mood Tracking
  - Stress Tracking



### Myth 2: Mindfulness is just relaxing.

Relaxation is a common effect of mindfulness, but mindfulness is more intentional than sitting around doing nothing.

### Myth 3: Mindfulness is about not thinking at all.

Mindfulness is about learning to pay attention to any thought you have but not reacting to them. You will often hear guided meditations say to acknowledge the thought and then come back to the present moment.

### Myth 4: Mindfulness means ignoring emotions or only focusing on positive ones.

The point of mindfulness is to acknowledge all emotions without judgment. No emotion is labeled either positive or negative.

## THE 5-4-3-2-1 GROUNDING TECHNIQUE

Feeling overwhelmed or pacing? This countdown method can help you calm your mind.



Find **5** things you can **SEE** around you



Find **4** things you can **TOUCH** around you



Find **3** things you can **HEAR** around you



Find **2** things you can **SMELL** around you



Find **1** thing you can **TASTE**. (Swallow)

## RESOURCE LINKS:

### Primary

[Online Meditation Breaks](#)

[Jeffco Virtual Calm Room](#)

[Mindfulness Board](#)

### Secondary

[Mindful March Challenge- SRMS](#)

[Jeffco Virtual Calm Room](#)

[GT Spotlight: Self-Awareness](#)

### Apps:

[HeadSpace](#)

[Calm](#)

[Insight Timer](#)

## BOOKLIST:

### Primary

[The Big Life Journal](#)

[I am Peace: A Book of Mindfulness](#)

[What does it mean to be Present?](#)

[The Lemonade Hurricane](#)

### Secondary

[The Big Life Journal-Teen Edition](#)

[Mindfulness for Teens in 10 Minutes a Day](#)

[Mindfulness Journal for Teens](#)