

# Mindfulness

## WHAT IS MINDFULNESS?

1. DIRECTING OUR ATTENTION TO OUR EXPERIENCE AS IT UNFOLDS.
2. TRAINS US TO RESPOND SKILLFULLY TO WHATEVER IS HAPPENING; GOOD OR BAD.
3. IMPROVES OUR THOUGHT PROCESS, FEELINGS AND CONCERNS FOR OTHERS.
4. HELPS US PERFORM BETTER, FEEL CALMER AND LESS DEPRESSED.

*Breathe.  
Let go.*

And remind yourself that  
this very moment is the only one  
you know you have for sure.

— OPRAH WINFREY

Simple Reminders  
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*Mindfulness*

MEANS PAYING  
ATTENTION IN A  
PARTICULAR WAY,  
ON PURPOSE, IN THE  
PRESENT MOMENT  
NON-JUDGMENTALLY.

WWW.VERYBESTQUOTES.COM

JON KABAT-ZINN

THE PRACTICE  
OF MINDFULNESS  
IS SIMPLY BEING  
**AWARE**  
OF WHAT IS  
HAPPENING  
*right now.*

ooo

## HELPFUL LINKS:

[blissfulkids.com](http://blissfulkids.com)

[calm.com](http://calm.com)

[shinetext.com](http://shinetext.com)

[mindful.org](http://mindful.org)

[gozen.com](http://gozen.com)

## BENEFITS:

- Manage stress
- Communicate effectively
- Make healthy decisions
- Foster understanding
- More kindness
- More self-control
- Fewer ADHD symptoms

**Life today presents:**

- A schedule that is too busy
- Pressure to perform
- Too much media
- Lack of face to face relationships
- Increasing anxiety & depression
- A brain that is in a constant state of Fight or Flight

**The Result:**

- Decreased efficiency
- Problems with attention
- Impulsive behaviors
- Increased depression and anxiety
- Sleep difficulties
- Social struggles

**Mindfulness helps develop:**

- Increased stimulation in the prefrontal cortex of the brain
- Better focus and concentration
- Compassion
- Increased sense of calm
- An understanding of how our brain works



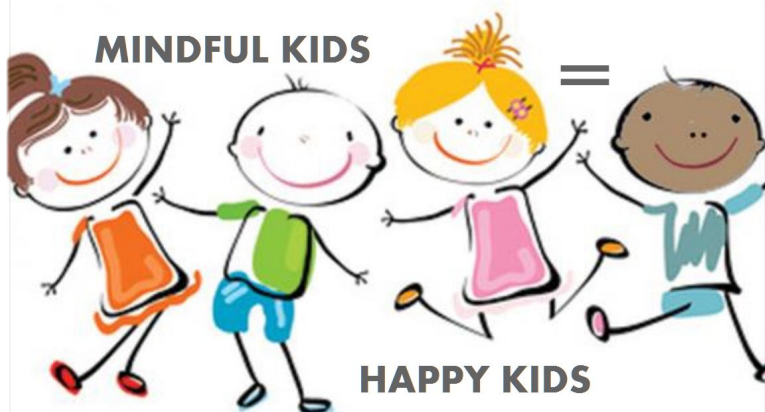
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**The Result:**

- Increased focus and performance
- Skillful response to difficult emotions
- Increased empathy and understanding of others
- Natural conflict resolution skills
- Happier, healthier people who can work and learn efficiently

## WHY ARE WE FOCUSING ON THIS FOR OUR STUDENTS'?

**Mindfulness is a wonderful empowerment tool for youth dealing with big life challenges. Mindfulness increases resilience, flexibility, and cultivates greater compassion towards oneself, which can often be missing developmentally for our children.**

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