



Mindfulness

Mindfulness is awareness,
noticing our thoughts, our
feelings, our bodily
sensations

Mindset Matters

- What is mindfulness
 - Stress & Self Compassion
- Compassion Through Forgiveness
 - Attitude of gratitude
 - Meditation
- Mindful Living: Be of Service

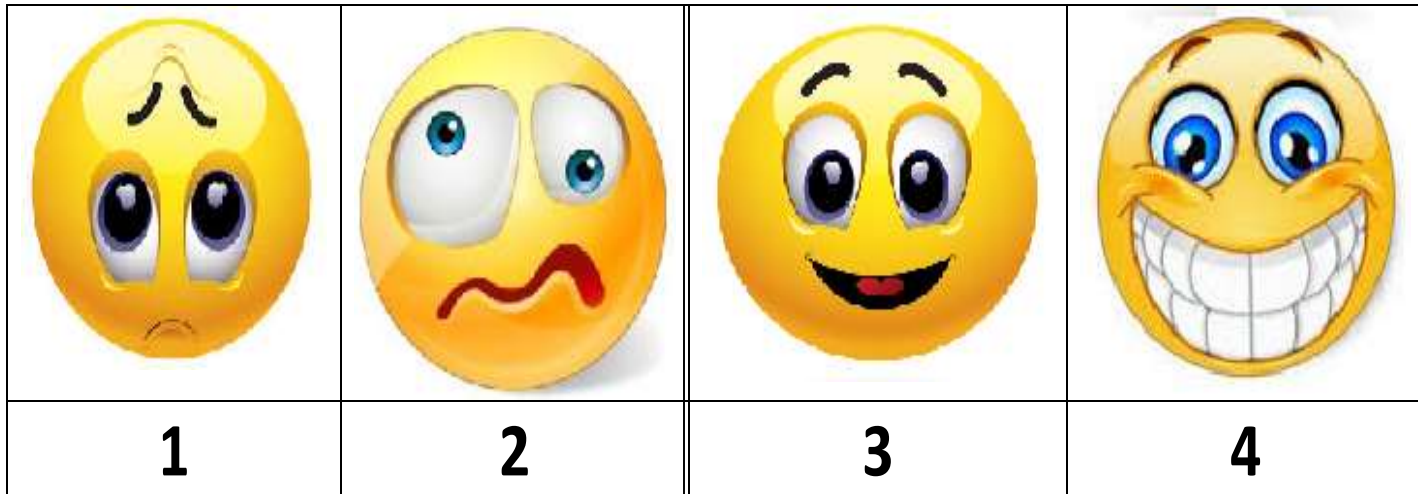
FOCUSED or FRAZZLED



STRESS defined:

A state one experiences when there is a mismatch between ***perceived demands*** and ***perceived ability*** to cope.

I CONTROL MY HAPPINESS TODAY





MINDFUL HEALING

- Understand how to train your brain and mind with scientifically proven methods
- Train your brain and mind to:
 - Cope with stress
 - Change the course with chronic disease
 - Create work-life balance

Take 3 minutes

BREATH BREAK

Inhale. Exhale. Repeat



Learn how to just be...

Accept the feeling and ride it out

Stop

Take a breath

Observe around you (what are the other kids doing?)

Proceed mindfully – make a choice
that's good for you



HOW DO YOU MEASURE YOUR LEVEL OF STRESS?

1. Difficulty falling asleep due to thoughts racing in your mind
2. Wake up once or multiple times during the night
3. Wake up feeling exhausted

Warning Signs

- Loss of focus and mental clarity
- Lack of ability to relax and sleep
- Loss of self esteem
- Feeling tired and on edge/anger

Just Breathe

Mindfulness Clip