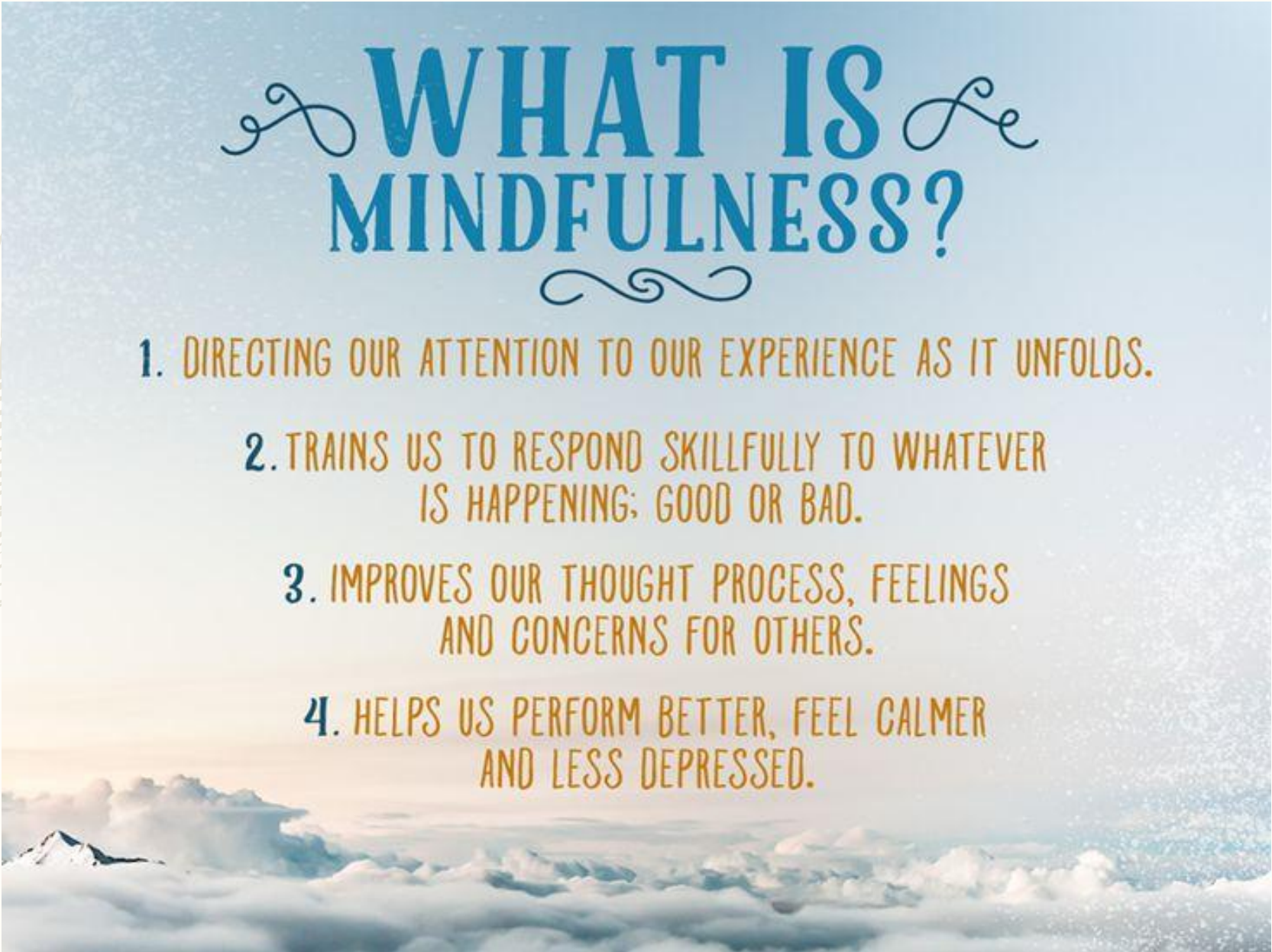




WHAT IS MINDFULNESS?

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.
- 

Practice 5 senses relaxation



Mindfulness 5-4-3-2-1

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

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Smart Phone Apps for Guided Mediation



Stop, Breathe, Think



Take a Break!

grow

Grow: Mindfulness for
Teens



Smiling Minds

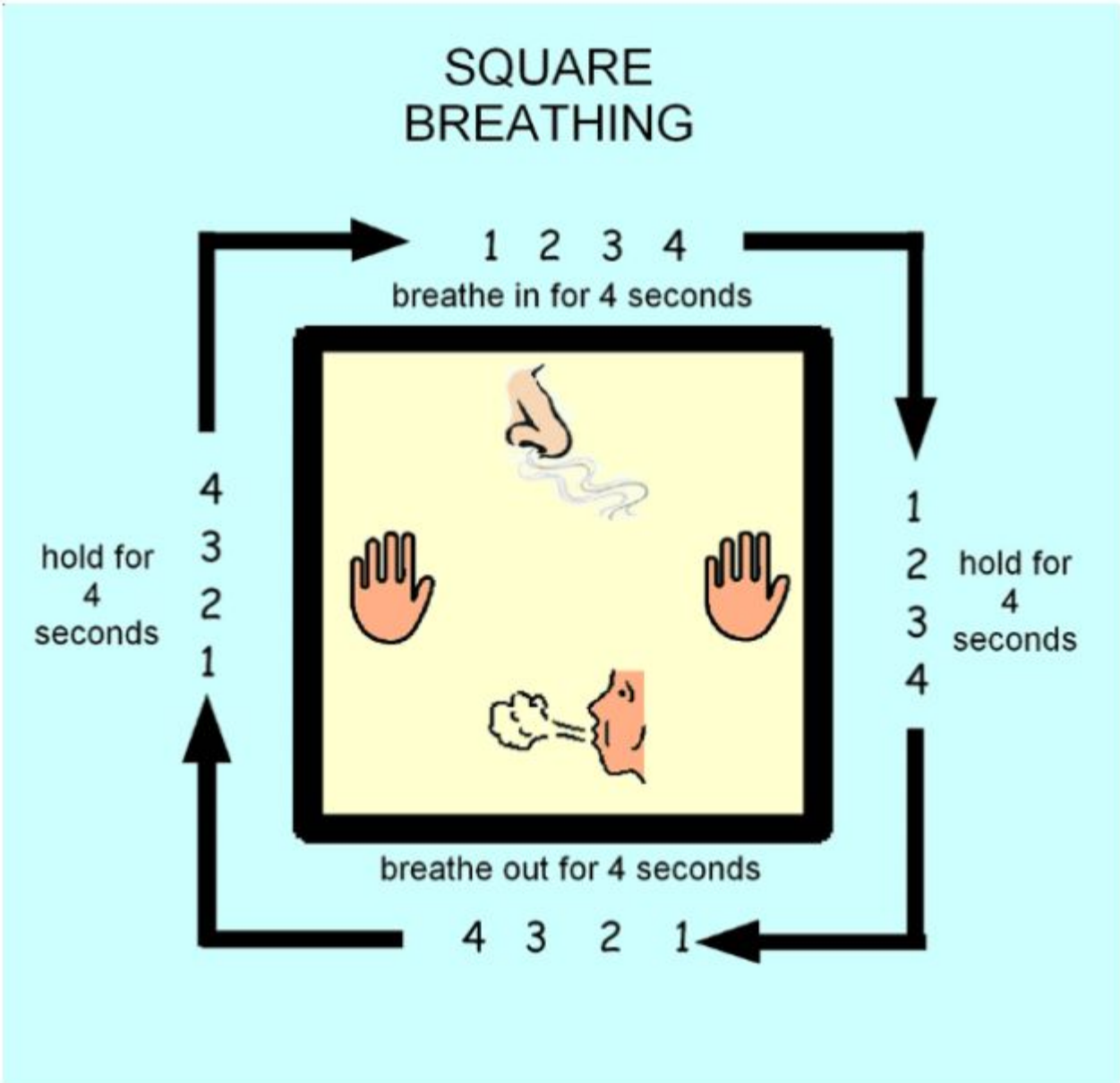


Take a Chill



Headspace

Just Breath...



Take a Walk

STEP UP TO MINDFUL WALKING

Walk your way to a calmer state of mind.

- Pick a time in your daily routine to practice mindful walking for at least five minutes.
- Concentrate on the physical sensations of walking - the sights, sounds and feelings of each step.
- If your mind wanders, gently return your focus by repeating "left, right" as you walk.





TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



Tense and Release exercise