

# Mindfulness

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## What Is Mindfulness?

Mindfulness is taking a moment and paying special attention to what is happening right now. When you are mindful you are observing both what is happening around you but also what you're thinking and feeling inside.

## Mindfulness can help you with:

- Relaxing
- Reducing stress
- Helping you remember things
- Keeping you from being distracted or disengaged.

These are all things that can be helpful in school, personal life, and with relationships.

## Breathing

One way to practice mindfulness is by focusing on our breathing.

- ☐ Practice mindfulness by **taking a couple of minutes to notice your breathing.**
- ☐ **Bring your attention to the flow of the breath**, in through your nose, out through your mouth. Do you notice how the air comes in cool and blows out warm?
- ☐ **Focus on the rise and fall of your chest and belly.** Breathe in for 4 counts and fill your belly up with air, pause, and breathe out for 4 counts. Rest for a few seconds and then repeat, breathing in for 4 counts, pausing and out for 4 counts.
- ☐ **Feel your chest rise and belly expand as you breathe in and your belly button “deflate” as you breathe out.**

If your mind wanders that okay — gently bring your attention back to focus on your breathing. You're giving your mind a break so that it can focus on slowing down and being in the moment.

When you are done, slowly open your eyes and take a moment to observe how you feel now.