

USING MINDFULNESS

Tune into the present moment.

Mindfulness is a practice that can help us pay attention to our thoughts, feelings, and sensations. It is a useful tool to help reduce stress, which can improve both mental health and physical health. Mindfulness exercises can be done at anytime by anyone to enhance overall well-being. That means both you and your child can benefit from this practice!

Here are a few mindfulness exercises you can teach to your child, and also try yourself:

Belly breathing

While sitting or lying down, place one hand over the belly and the other over the chest. Inhale slowly through the nose and feel the belly rise. Exhale slowly through the mouth and feel the belly lower. Repeat this process a few times. To make it more interesting for your child, have them pretend to blow up a balloon as they breathe.



5-4-3-2-1

With your feet flat on the ground, name *five* things you can *see*, *four* things you can *hear*, *three* sensations you can *feel*, *two* things you can *smell*, and *one* thing you are *grateful for*.

Muscle relaxation

While sitting or lying down, gently squeeze and release the muscles in the feet for five seconds. Then, squeeze and release the muscles in the calves for five seconds. Repeat this process on the thigh muscles and continue moving up the body until all muscles are relaxed.



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What is mindfulness?

Mindfulness means paying attention to what is happening right now. When you are mindful, you slow down to notice the things you can see, hear, smell, feel, and taste. You also notice the thoughts that come up in your mind. Mindfulness is a great way to calm down when you are dealing with tough emotions.

You can use mindfulness at any time! Here are a few mindfulness exercises you can try:

Belly breathing

Get in a comfortable position. Put one hand on your belly and the other hand on your chest. Breathe in slowly through your nose and feel your belly rise. Then, breathe out slowly and pretend to blow up a big balloon with your mouth. Feel your belly lower. Repeat this process three to five times.



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Put your feet flat on the ground. Name *five* things you can *see*, *four* things you can *hear*, *three* things you can *feel*, *two* things you can *smell*, and *one* thing you are *grateful for*.

Muscle relaxation

Sit or lay down in a comfortable position. Gently squeeze and relax the muscles in your feet. Then, squeeze and relax the muscles in your calves. Repeat this process on your thigh muscles and continue moving up your body until all your muscles are relaxed.



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Tune into the present moment.

Mindfulness is a practice that can help you pay attention to your thoughts, feelings, and sensations without judgement. That way, you can notice the things happening in the present moment. It is a useful tool to help us deal with stress and negative emotions. Mindfulness exercises can be done at anytime by anyone to improve physical and mental health.

Here are a few mindfulness exercises you can try:

Belly breathing

Sit or lay down in a comfortable position. Put one hand on your belly and the other on your chest. Inhale slowly through your nose and feel your belly rise. Then, exhale slowly through your mouth and notice your belly lower. Repeat this process three to five times.



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Put your feet flat on the ground. Name *five* things you can *see*, *four* things you can *hear*, *three* sensations you can *feel*, *two* things you can *smell*, and *one* thing you are *grateful for*.

Muscle relaxation

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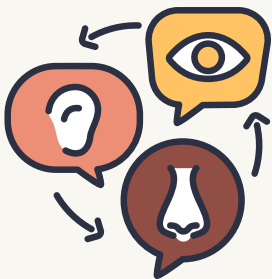
Tune into the present moment.

Mindfulness is a practice that can help you notice your thoughts, feelings, and sensations without judgement. That way, you can intentionally respond to your emotions in a healthy way. It is a useful tool to help us cope with stress. Mindfulness exercises can be done at anytime by anyone to enhance overall well-being.

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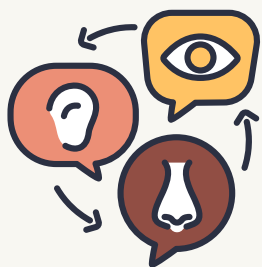
Tune into the present moment.

Mindfulness is a practice that can help you notice your thoughts, feelings, and sensations without judgement. That way, you can intentionally respond to your emotions in a healthy way. It is a useful tool to help cope with stress, reduce anxiety, and increase confidence for birth and parenting. Mindfulness exercises can be done at anytime by anyone to enhance overall well-being.

Here are a few mindfulness exercises you can try:

Belly breathing

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Single-tasking

You do not need to have these exercises memorized to practice mindfulness. Luckily, you can incorporate mindfulness into any task to help you become more present. For example, direct your attention to the lifting and lowering of your feet when walking. Notice how the rest of your body feels as you take each step. Pay attention to your breathing pattern. Don't get frustrated if your mind begins to wander; simply bring your attention back to your body as needed.