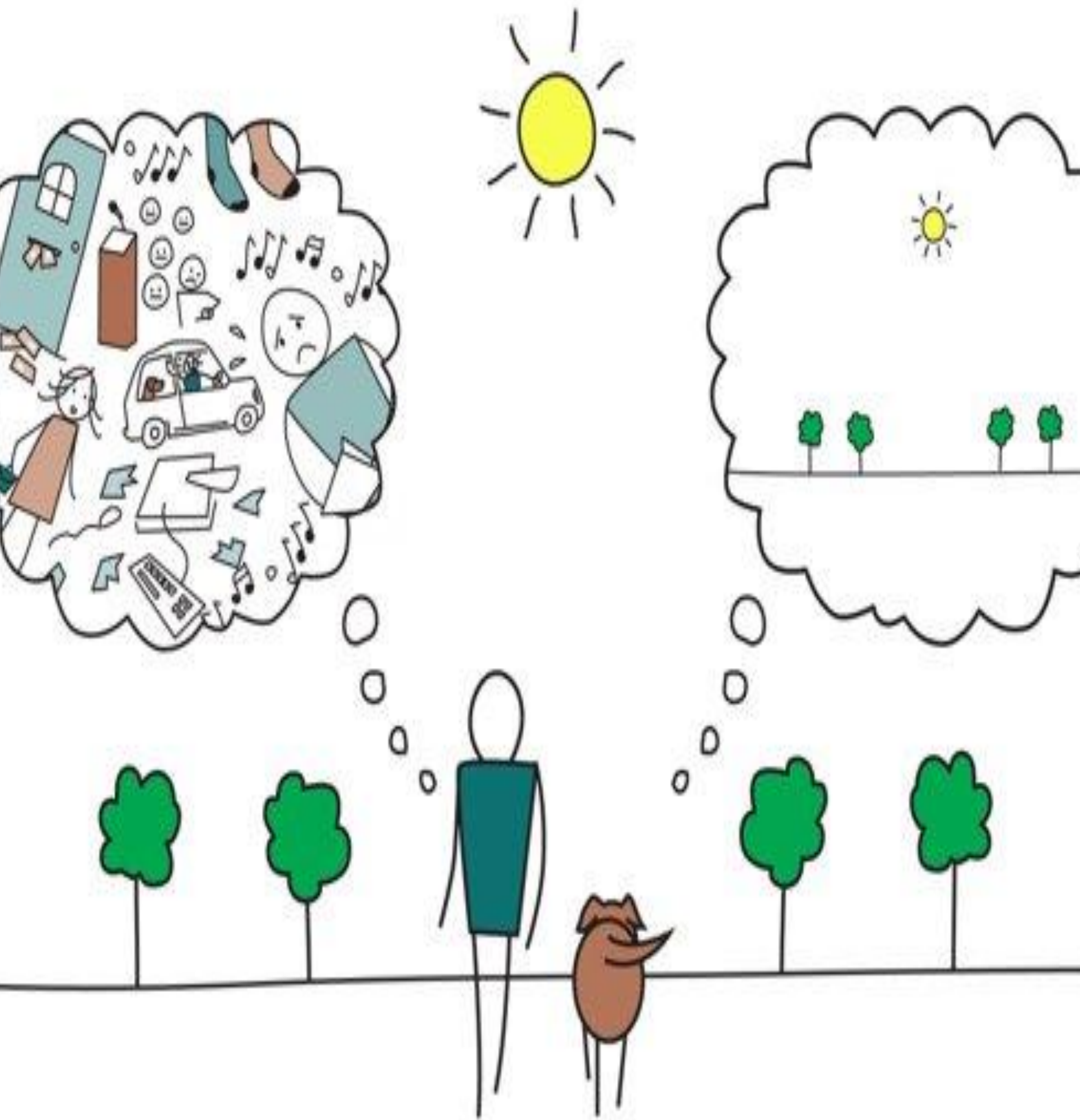



Wellness Wednesday
Mindfulness





Mind Full, or Mindful?



Mindfulness

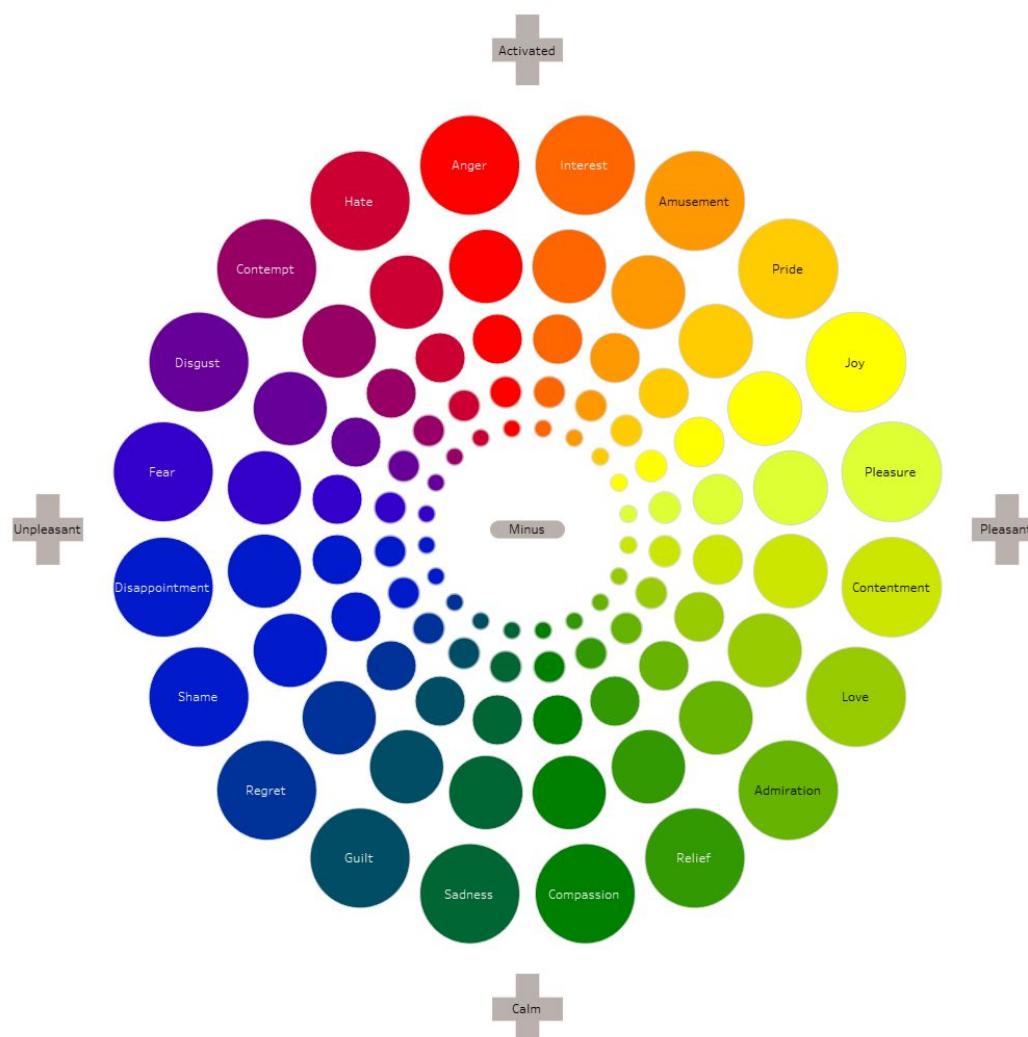


In this 3 minute video teens share how mindfulness helps them to handle stress by living more in the present moment.

<https://live.myvrsport.com/iframe?v=fMjI4MWQwNjZhZmJmMjNlNmNiMGI3NGZkOGQxYzE0ZjM>

When we feel stress, anxiety or depression it is often because our thoughts are keeping us in the past or creating worry about the future.

These internal distractions can “get carried away” and we may feel like our thoughts control us.



What is meditation?

Meditation is the practice of becoming aware of our thoughts; A practice in mindfulness

It's a great way to recognize what is distracting us and choose to return to the present moment.

Meditation is a practice that gives us the choice and ability to be in control of our thoughts.

Meditation may not totally "silence" our minds but practice leads to a stillness.

Why breathing?

Breathing is one of the easiest ways to meditate and practice mindfulness because it is the one thing we can do in the present moment (we can't breathe in the past or the future).



Mindful Breathing

Normally we don't tend to notice our breathing.

Mindful breathing, allows us to choose to recognize what is distracting us (internally or externally), acknowledge it, and then return to the present task of breathing.

Try this easy 3 minute guided meditation

<https://live.myvrspot.com/iframe?v=fNDqxNzq2NmFiMjlmN2JkMjIxYTRiYWVhODhkYWZjZGM>

Please note how you feel afterwards!