

Mindfulness

Mindfulness is a practice that helps us focus on the present moment and be more aware of our thoughts, feelings and surroundings. It's a tool that can help children and adolescents develop resilience, manage stress and anxiety, and improve their overall wellbeing. Mindfulness is not about having a clear or quiet mind, but rather it's about paying attention to what is happening in the present moment, with an open and non-judgemental attitude. By practicing mindfulness regularly, young people can learn to be more in touch with their thoughts, feelings and emotions and respond to them in a healthy and balanced way.

Empower confidence. Start the conversation using these strategies:

- 1. Understand mindfulness**
Mindfulness is being present in the moment and paying attention to thoughts, feelings and sensations without judgement. It can help manage stress, anxiety & emotions.
- 2. Explain age appropriately**
Each child has a different learning style, so find a way to explain mindfulness that makes sense to them using stories or analogies.
- 3. Use mindfulness as a tool**
Emphasise that mindfulness is a tool that can be used to help children and adolescents handle difficult situations and emotions.
- 4. Encourage practicing regularly**
Incorporating mindfulness as part of their daily routine can help your child build resilience and improve their overall wellbeing.
- 5. Start simple**
Introduce mindfulness activities that are simple and easy for your child to embrace such as deep breathing or body scans.
- 6. Be a role model**
Practice mindfulness yourself and show your child how it can be integrated into everyday life.
- 7. Be patient and non-judgemental**
Remind your child that mindfulness is a skill that takes time and patience to develop, and that everyone has moments when their mind wanders.
- 8. Create a supportive environment**
Encourage your child to share their experiences with mindfulness, and create a supportive environment where they feel comfortable sharing their thoughts and feelings.
- 9. Emphasise the benefits**
Highlight the benefits of mindfulness, such as improved focus and concentration, reduced stress and anxiety and enhanced wellbeing.
- 10. Use fun activities**
Create fun games and activities that encourage your child to be mindful, such as mindful breathing, mindfulness colouring or even yoga.