

HOW TO PRACTICE MINDFULNESS




GET COMFORTABLE

Find a place to sit or stand that feels calm and quiet to you.



FEEL YOUR BREATH



Follow the feeling of your breath.
In through your nose, out through your mouth.




SECURE YOUR ANCHOR

Choose something to focus your attention on such as:


- Breath
- Eating
- Walking
- Interaction
- Art
- Movement
- Sound
- Sensation
- Gratitude

NOTICE WHEN YOUR MIND HAS WANDERED



You may notice your mind wandering. Gently return your mind to your anchor or breath.

BE KIND TO YOUR WANDERING MIND



Don't judge yourself or obsess over the thoughts you find yourself lost in. Just come back to your anchor.

Yoga Routine

Notice your breath as you move into the shapes.
Don't worry if your shape differs from the picture.
Try to do each pose for 3 to 5 breaths



Mountain Pose

Raise your arms up tall and breathe in



Rag Doll Pose

Breathe out as you reach toward your toes as far as feels good for you.



Side Stretch

Stretch on each side for 3 to 5 breaths



Tree pose

It's okay if you wobble or fall, just try again.



Warrior Pose

Feel your strength and power.



Seated Forward Fold

Breathe out as you reach toward your toes as far as feels good for you.



Recline Twist pose

Hug your knees into your chest and then bring your arms out to a "T"



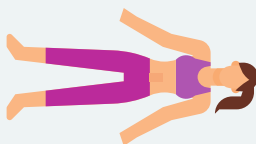
Legs Up Wall Pose

Rest your legs on a wall. You can bend your knees slightly if that feels better. Stay here for a few minutes

Final Resting Pose



This can be seated or laying down. Rest here for a few minutes before returning to your day



Loving Kindness

May I be calm.

May I be healthy.

May I know that I am loved.

May I live with ease.

4 things to to know about - Stress & Resiliency -

1. What is Stress?

Stress is what you feel when you are worried, uncomfortable, or confused about something. This worry in your mind can make your body feel bad.



2. The Stress Response

Our bodies have a Fight, Flight, or Freeze response to stress. This is useful for true danger like seeing a bear in the woods but it's not helpful for everyday stress, like a test or a work deadline.

3. Resiliency

This is the ability to recover and bounce back in the face of stress and trouble. We all have the power to improve our resiliency.

4. Healthy Coping and Wellness Practices

Resiliency skills need to be built. This is why wellness and healthy behaviors are important.

Important practices and behaviors are regular physical activity, restful sleep, healthy eating, mindfulness, yoga, and strong relationships.

Helpful Wellness Practices

Move Your Body!

If you feel stressed, moving your body and getting outside can help! This can be any type of movement.



Eat Healthy

What you eat affects every aspect of your physical, mental, and emotional health. Eating fruits, vegetables, and whole grains and eating together as a family can improve health and resilience.



Get Some Rest

The body heals during sleep and it improves physical and mental health, as well as mood. Children should be sleeping 9-12 hours a night and Adults need 7 or more hours of sleep.



Pause and Reflect

Take time to practice mindfulness and breathing exercises to help when you are feeling stressed.





7 Essential Nutrients

Essential nutrients are vital for disease prevention, growth, and good health.



Protein

Helps us build muscle. The body needs protein to help repair cells and make new ones.

Carbohydrates

Your body's main source of energy used to support bodily functions and physical activity.

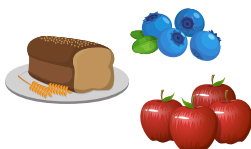


Fats

A person needs certain fats to help maintain health. Fats also supply us with energy.

Fiber

Very good for the lining of our digestive tract & also helps us handle sugar



Vitamins

Vitamins are superfoods that help our bodies. They are vital for warding off disease and staying healthy.

Minerals

Minerals are good for our bones and help our bodies work well. They are essential for many body functions.



Water

Water is absolutely crucial for every system in your body and helps our bodies work well.

Healthy Eating is important

WHAT IS HEALTHY EATING?

Eating foods that fuel our bodies with the needed nutrients to make us grow and be stronger.

It's important to listen to our bodies and make choices that provide us with both nourishment and joy.

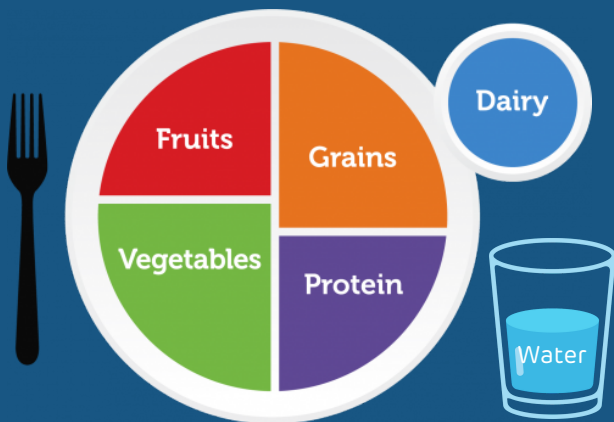


What are the benefits to Healthy Eating?



- Promotes healthy weight and growth
- Improves work and school performance
- Boosts immunity
- Strengthens bones and muscles
- Helps digestion and reduces constipation
- Lowers risk of depression
- Lowers the risk of heart disease, type 2 diabetes, and some cancers
- Better quality of life, wellness, and happiness

What do I need to build a healthy plate?



myplate.gov

Tips for Healthy Eating

- Identify healthy foods your family already enjoys and serve them more
- keep the healthy choices in direct sight like at eye level in the fridge or on the counter
- Make it fun! Try being creative with different colors of fruits and vegetables on a plate
- Lead by example for your kids