



What is Mindfulness

Mindfulness is about being aware of the present moment, and recognising and acknowledging feelings, thoughts and sensations.

Mindfulness is used as a therapeutic technique to help people of all walks of life to separate from troubling thoughts and feelings.

Mindfulness can be done in many ways, and when a person is Mindful, they focus on the present moment and try not to think about anything that went on in the past or that might be coming up in future, try purposefully concentrating on what's happening around them.

Worries for children and teenagers can sometimes impair their coping skills, and manifest as reluctance, moodiness and difficulties in making decisions.

With enough practice, Mindfulness can be a way of bringing us back to the present moment, and allowing us to calm down and clear our thinking in order to approach situations more clearly.

Mindfulness can help to:

- Clear your head,
- Be more aware of yourself, your body and the environment,
- Slow down your thoughts,
- Slows down your nervous system,
- Improve concentration,
- Assist in relaxation, and
- Cope with stress.

To assist your child when going through our guided mindfulness videos ensure that they have a quiet space that is free of distractions.