

# INFORMATION FOR PARENTS

## MINDFULNESS



**Mindfulness** is when we bring focus directly to our thoughts, sensations, and emotions in present moment without judging or trying to understand it. When practicing mindfulness the goal is to not focus on the future or dwell on the past.

### RESOURCES

Please visit [essexpediatrics.com/resources/](https://essexpediatrics.com/resources/) for links and additional resources.

#### MAYOCLINIC.ORG

Learn more about the concept of mindfulness and activities that you can practice to become more mindful in your daily life.

#### MINDFUL.ORG

Lots of information about mindfulness and meditation. This website also includes a section about mindfulness for kids.

#### CHILDMIND.ORG

Check out the mindfulness page on this website to understand more about how mindfulness affects children, and how they can use techniques to benefit from it

#### YOUTUBE CHANNELS WITH GUIDED MEDITATIONS

- **Kernal of Wisdom** (for adults and teens)
- **The Mindfulness Teacher** (for kids)
- **MindfulPeace body scan meditation**

#### BOOKS

- **Breathe Like a Bear** by Kira Willey
- **The Mindful Dragon** by Steve Herman
- **Wherever you go, there you are** by Jon Kabat-Zinn

### BENEFITS OF MINDFULNESS

- Lowers stress
- Improves sleep
- Improves attention
- Lowers blood pressure

### MINDFULNESS EXERCISES

#### EXERCISES FOR KIDS

- **Birthday Candle Breathing-** Encourage your child to envision a birthday candle and take deep breaths to "blow it out"
- **"I Spy" Nature Walk-** Go for a walk somewhere calming and play "I Spy" to encourage them to focus on the present moment
- **Children's Guided Meditation-** Try a kid's guided meditation on youtube or podcasting service

#### EXERCISES FOR ADULTS

- **Body Scan-** Slowly focus on the feelings and sensations starting at the top of your head, moving to your toes
- **Intentional Breathing-** Take several deep breaths and focus on how you feel in the moment
- **Mindful Walk in Nature-** Go for a walk in nature with the intention of focusing on the present moment
- **Guided Mindfulness Video-** Try a guided mindfulness meditation on youtube