



# Mindfulness

"In today's rush, we all think too much, seek too much, want too much and forget about the joy of just being."

~ Eckart Tolle

## Mindfulness is...

"The moment to moment, non-judgmental awareness. In other words, knowing what we are doing as we are doing it with our full attention. It teaches us how to be more "mindful" or "aware" of our thoughts, feelings and actions in the present moment without judgement."

~ Trina Markusson

[www.presentmomentliving.ca](http://www.presentmomentliving.ca)

## Mind full vs Mindful



Beginning to plant the seed for mindfulness begins with us. Give this short **S.T.O.P** acronym a try  
**S** - stop what you are doing

**T** - take a few deep breaths

**O** - observe the moment being gentle with yourself, noticing what is happening inside and outside your body; sensations, feelings, and emotions

**P** - proceed with kindness and compassion towards yourself finding something to support you



## Community Supports

Services, Programs and Resources

"Do not dwell in the past, do not dream of the future,  
concentrate the mind on the present moment."

~ Buddha

## Children

## Video Links



Candle and Flower Breathing

Teaching Belly Breathing

Just Breathe

## Adolescent

STOP for Mindfulness

Everyday Mindfulness

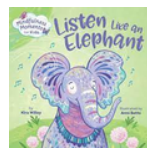
Mind the Bump

## Adult

Steep Your Soul

3 Minute Meditation

## Children



## Adolescent



## Adult



## Literature



"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."

Jon Kabat-Zinn

"The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers."

~ Thich Nhat Hanh

gratitude  
CHANGES  
every  
thing

## BENEFITS OF PRACTICING GRATITUDE

boost immune system  
improves mental health  
improves relationships  
increased optimism  
reduces stress



healthline

## JOURNAL PROMPTS

I am grateful for...  
Unique things about today...  
I am truly blessed for...  
The biggest gift in my life right now...  
A challenge that I am grateful for is...



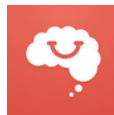
Aha! Parenting



## MINDFUL MOMENTS

- ~good for our minds and body
- ~practice mindfulness with meditation
- ~mindful parenting involves becoming aware of your thoughts, feelings and body sensations
- ~living in the moment, accept yourself and focus on your breath
- ~involve your five senses physically with the world around you
- ~mindful breathing can be used anywhere to promote a feeling of calm

## MINDFUL APPS



Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.

~ A.A. Milne