



Counselor's Corner

August 1, 2018

Did you know...

Benefits of mindfulness are plentiful for adults and children. Focusing attention on the present moment is difficult for children, especially those with poor attention and self-control. Fortunately, the skills of mindfulness can be taught. Guidance classes are an excellent opportunity to impart these skills by teaching deep breathing techniques, taking a quiet moment, focusing on positive/calming thoughts before tests etc. There are books that can help teach these skills, such as, *Mindful Monkey*, *Happy Panda*, *Sitting Still Like a Frog*, *Visiting Feelings*, and *Silence*. Small group counseling activities can help students learn and practice mindfulness.



Beat Stress with Mindfulness



Back to school means an increase in stress. In our hectic jobs, our minds and bodies can get stuck in over-drive and have difficulty slowing down. We continue dwelling on things in the past or worrying about future events and lose focus on the here and now. Mindfulness entails bringing our thoughts and feelings to our attention without judgement.

Benefits of mindfulness are:

- Decreased levels of stress.
- Increased resilience and improved problem solving.
- Increased ability to identify feelings.
- Improved health benefits such as lower blood pressure.
- Improved ability to relax and promote improved sleep.
- Improved concentration.



Related websites/sources:

Mindfulness.org

Mindfulteachers.org

Mindful-app.com

