



Wellness Newsletter

Brought to you by Millikan's Wellness Center

What is Mindfulness?

Mindfulness:

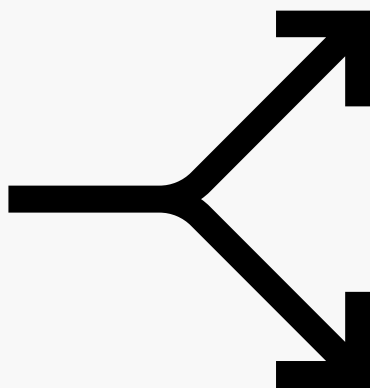
a state of nonjudgmental awareness of what's happening in the present moment, including the awareness of one's own thoughts, feelings, and senses



Components of mindfulness

Awareness: noticing your thoughts, feelings and physical sensations as they happen

Acceptance: the thoughts, feelings, and sensations you notice should be observed in a non-judgemental manner



<https://www.therapistaid.com/worksheets/what-is-mindfulness.pdf>

Upcoming Events

- IgbtQnections
 - Tuesday; 4/18
 - 3:30-5:30PM
- Tranquility Thursdays
 - Thursday; 4/20 & 4/27
 - During Lunch



Need Support?



Contact Information:
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Benefits of Mindfulness

- ★ Reduced symptoms of anxiety and depression
- ★ Greater satisfaction with relationships
- ★ Improved memory and focus
- ★ Improved ability to adapt to stressful situations
- ★ Improved ability to manage emotions

What mindfulness activities do you currently enjoy?



Mindfulness at School

Beginning the day:

Start the day with a quote that can stimulate short conversations to help students begin to interact with classmates in supportive ways. Ex. What is your favorite way to communicate with friends? Teachers in school? Your family?

During the day:

Develop a mantra that helps you keep focus and keep perspective. Repeat it often—when you encounter roadblocks and when things are going well. Put it in places where you will see it because when emotions run high, we can lose sight of our more cherished values.

Ending the day:

- Something I learned today...
- I am looking forward to tomorrow because...
- A question I still have is...
- Something from today that I am grateful for is...

<https://www.edutopia.org/article/8-activities-students-and-teachers-create-mindful-classroom>

The 54321 technique can help pull anxious mental energy back into the body, grounding and calming it so that you can release stress and focus again, in the here and now.

5 SENSES MINDFULNESS EXERCISE



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste



Mindful Journal Prompts

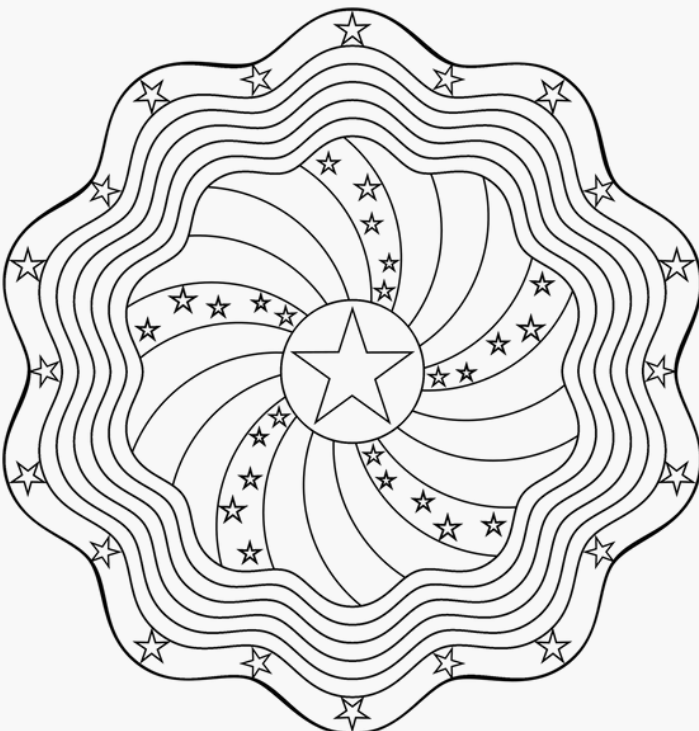
When do you feel the happiest?

What topics are you afraid to talk about? Why?

What have you learned most about yourself this school year?

Describe what stress feels like in your body.

How do I show love toward
Answer: All of them abysovself?



Mindful Coloring occupies the same parts of the brain that stops any anxiety-related mental imagery and stress.