Mindfulness is one strategy that can reduce stress. Mindfulness is a way of being. Practicing mindfulness means paying attention to what’s happening in the moment and accepting those experiences and feelings without judgment.

4 Tips for Mindful Parenting

1. Slow down: Stop. Feel your feet on the ground. Take a deep breath.
2. Be gentle: Lighten up. Find the humor. Offer kindness to yourself. Often.
3. Practice letting go: Of your assumptions of how things should be. Of your stories about what is going to happen next.
4. Be kind: Be kind to people, especially those in your family. Practice asking, “What do you need?”

Visit Happy Mindful Families to learn more from Dr. Andra Brill - writer, speaker and innovator in mindful parenting.

Mindful Exercises

Being mindful helps people do better in just about every part of life, like focusing on homework or feeling less stressed out.

These five exercises for all ages will help you practice mindfulness in different ways

1. Mindful Eating
2. Mindful Breathing
3. Mindful Walking
4. Mindful Word
5. Mindful Driving

Visit Jeffco's Virtual Calm Room

Guided Meditations and Relaxation | Live Cameras | Resources and apps | Yoga and Stretches | Sounds and Music

*REMEMBER* every school has mental professionals who are happy to provide support, connection, information, and resources. Find your school’s info here!

Jeffco Public Schools Mental Health and Wellness Hub