MINDFULNESS

Mindfulness is a meditation practice that helps you calm down. It starts with focusing on your breathing. It helps you stay in the present instead of worrying about the past or future. Mindful Based Stress Reduction (MBSR)—defines mindfulness simply as “paying attention in a particular way: on purpose, in the present moment and non-judgmentally.” Mindfulness is a great skill for kids and adults to learn and face daily challenges. Mindfulness has been researched extensively and has proven to help reduce anxiety, increase impulse control and overall wellness. The following are various resources for mindfulness to explore and begin to practice!

1. Rainbow Relaxation (Youtube)
2. Everyday Mindfulness (Youtube)
3. The Calm Application (Phone App)
4. Why Mindfulness is a Superpower: An Animation
Mental Wellness Month

**AN INTEGRATIVE APPROACH TO PHP & IOP BEHAVIORAL HEALTH FOR TEENS**
BasePoint Academy is a teen outpatient program specifically designed to address the unique challenges that teens face today in mental health and substance use. BasePoint Academy’s dynamic program was created with today’s adolescent experience in mind.

**Arlington Location**
3900 Arlington Highlands Suite 237, Arlington, TX 76018  
Phone: 469-747-1797

**Video:** https://youtu.be/qqptXSfa9bU

---

**Physical Wellness**

**Hurst Recreation Center**
700 Mary Dr. Hurst, TX 76053  
(817) 788-7325

**Euless Recreation Center**
300 W. Midway Dr. Euless, TX 76039  
(817) 685-1666

**Bedford Recreation Center**
2801 Forest Ridge Dr. Bedford, TX 76021  
(817) 725-8439