

Mindfulness

Behavioral Health Tips

Mindfulness is the practice of bringing one's awareness to the present moment. Mindfulness involves focusing your mind to your present thoughts, feelings, emotions, sensations, and environment. Practicing this skill will help bring one's attention to the present moment and without judgment of self or surroundings. This will help you control your mind rather than having your mind, emotions, thoughts control you. Mindfulness will allow you to be aware of a moment, without trying to change it. Practicing mindfulness can help you gain control of your own behaviors, notice and control your emotions and thoughts, reduce impulsive behaviors, and improve decision making.

How It Works:

Mindfulness is a therapeutic technique often used by therapists alongside other techniques. Mindfulness helps individuals with a range of psychological conditions gain better control over their minds and bodies. Often therapists will use a mindfulness skill at the beginning or the end of a meeting. Therapists sometimes give patients assignments to practice mindfulness strategies between meetings.

Treatments:

Mindfulness involves practice, practice!!! Practice training your mind to be focused on the present moment. Below are some helpful ways to help your child practice this.

1. Focus on one thing (your breath, an object, or activity). Practice keeping your attention on this one thing, recognize when your mind wanders, and bring your attention back to this thing. Continue to practice this for a few minutes and recognize gaining control of your mind and not judging self for wandering.
2. Mindfulness walk- Go for a walk and try to point out things you have never noticed before. Slow down and learn to recognize the present moment of being on this walk and emotions/thoughts during the experience.

For more information

Cohen Children's Medical Center

Pediatric Behavioral Health- Rockville Centre
100 Merrick Road
Rockville Centre, NY 11570

516-927-1630

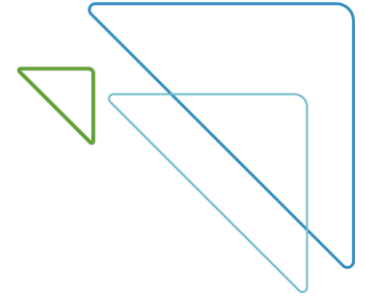
Pediatric Behavioral Health- Mineola
156 First Street
Mineola, NY 11501

516-321-5770

3. Mindful eating- practice slowing down your eating, identifying how it can affect all of your senses. What does it smell like? What is the texture? How does it look, color, size, shape? Savoring the taste. What are the sounds occurring while you eat or prepare to eat?
4. What is your state of mind- Learn to recognize the thoughts/emotions/feelings of different states of mind. You can be in emotional mind, where emotions are in control. Reasonable mind, where mind is being controlled by facts and reason only. Or Wise mind, when you are thinking and acting with both emotions and reason. Recognize how these states affect decision making/behaviors.



Pediatric Behavioral Health



5. Noticing an itch, not scratching it- Think about a time when you had an itch and could not scratch it. Usually this can be a very uncomfortable feeling; however, the moment passes and you were able to get through without scratching. Learning to practice letting an urge pass without engaging can help increase mindfulness and improve impulse control.

Additional Information:

1. <https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>
2. Mindfulness for Teens: A comprehensive list of cellular phone apps, social media pages, websites, books, meditation recordings, information above courses, and resources for parents and healthcare providers - <https://mindfulnessforteens.com/resources/resources-for-mindfulness/>
3. Mindfulness Activities for Children and Teens – 25 Fun Exercises for Kids - <https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>
4. Go Zen: An online suite of educational animated videos, programs, and tools designed to help children and parents learn skills to cope with anxiety and develop general emotional resilience <http://www.gozen.com> & <https://www.youtube.com/user/gozenonline/>