



L.I.F.T. Mindfulness Video Now Available

L.I.F.T. (Listen. Foster. Inspire. Trust.) is a student-centered mental health initiative in Great Falls Public Schools that empowers students to promote well-being, reduce stigma, and strengthen connections with education staff.

L.I.F.T. has launched a new student-led mindfulness video series, with the first video, Count Backwards Reset Mindfulness, [now available on the Employee Wellness page](#). These short, accessible videos are designed for both students and staff and provide evidence-based grounding strategies to support focus, emotional regulation, and stress reduction throughout the school day.

This is the first of many mindfulness videos to come as part of L.I.F.T.'s ongoing work to foster a calm, connected, and mentally healthy school culture.