

Mindfulness in the Senior Phase



Empowering Respectful Learners



Exercise



breathe

Open mind



FORGIVE!
FORGIVE!
FORGIVE!

Spend time with nature



MINDFULNESS

RELAX!
RELAX!
RELAX!



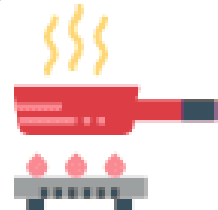
Walk barefoot



chat with friends



take a bath



COOK



take the dog for a walk



**POSITIVE
THINKING!**

What is it anyway?



Jon Kabat-Zinn's definition of mindfulness as "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally" (1994, 4) is simple and to the point.

Mindfulness is all about paying attention to the present moment. Mindfulness is about shifting out of autopilot and awakening to the here and now. Mindfulness is about freeing yourself from regrets about the past and worries about the future.

Here are a few other ways of describing mindfulness: "Being present"
"Awareness" "Awakening" "Concentration plus attention" "Seeing clearly"
"Compassionate awareness" "Openheartedness" "Loving presence."



Being a teenager can be really stressful. Maybe even at this moment you are dealing with stress at school, in the form of pressure to get better grades and to do more extracurricular activities, filling up every moment of every day.

**IT'S OK TO FEEL THIS
WAY....THERE ARE WAYS WE
CAN HELP!**

On top of all that, you are probably trying to figure out answers to big questions like



Who am I?

Where do I fit in?

*How can I become independent
and make my own decisions?*

It's no wonder if you feel overwhelmed sometimes.



Sometimes we all feel stuck.....





How to be mindful

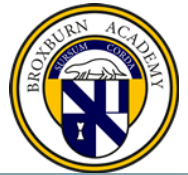
1. Breathing exercises
2. Write in a journal
3. Set up positive mantras to repeat to yourself
4. Start colouring
5. Body scan
6. Drink tea!
7. Gratitude- express it
8. Listen to your favourite song
9. Work on puzzles
10. Cook
11. Walk
12. Have a break from social media
13. BE PRESENT

Where to turn?



It's important that, if and when you feel like you are struggling, you speak to someone:

- Trusted adult or friend
- Guidance staff or a teacher you have a good relationship with.
- Use websites such as 'Headspace' or 'Smiling Mind'
- Give yourself the time to work things out!



Your body is present.



Is your mind?



Past

Present

Future

Alan Watts



INHALE

For a count of 5 seconds

HOLD

For a count of 5 seconds

REPEAT

For a count of 5 seconds

EXHALE

For a count of 5 seconds





<https://www.youtube.com/watch?v=kk7IBwuhXWM>

