

MY LIFE-FIT HABITS MINDFULNESS

What is **mindfulness**?

Mindfulness is a whole mind and body state of awareness that teaches you to be present in the moment, instead of tuning out from experiences.

Being aware and not distracted helps you to stay calm and improves your attention. Mindfulness is about focusing your attention on the present, rather than thinking about the past or worrying about the future.

How can **mindfulness** help me?

Mindfulness has been shown to reduce stress, increase resilience, increase positive emotions, boost low self-esteem and improve attention and focus.

How do I practice **mindfulness**?

A way to achieve mindfulness is through meditation and relaxation exercises. This helps your mind focus on the present moment.

Smiling Mind is a free website and app for your phone or tablet that can be set for your age group and gives you lots of short, 5-minute mindfulness exercises to practice.

Check it out here: www.smilingmind.com and download the app on Google Play or App Store.

Try this Life-Fit **Mindfulness Challenge**

Sit down quietly with your eyes closed and focus on taking three slow breaths: In through your nose and out through your mouth.

For 1 minute, notice all of the sounds going on around you. See if you can notice at least 7 different sounds.

This exercise will teach you to pay attention to sounds around you, quietening your mind, and quietening your worries. This is called mindful listening.

Have a peek at these **cool** YouTube videos

Just Breathe for kids <https://youtu.be/-YEZnrySrtQ>

Release for teens <https://youtu.be/GVWRvVH5gBQ>

Benefits of Meditation <https://youtu.be/rqoxYKtEWEc>

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust. Try these support websites:

www.lifeline.org.au www.eheadspace.org.au www.youthbeyondblue.com

www.kidsmatter.edu.au/mental-health-matters/mindfulness

