How Can We Prepare To Be Mindful?

CREATE AN EMOTIONAL FIRST AID KIT
What are the songs that make you happy?

Create that playlist
SIGHTS

Create that library.

What are those images that make you smile?

Phone Hunt

Look for those photos that make you smile and feel good!
SIGHTS

What are those images that make you smile?

Create that library.

Phone Hunt
Look through your phone for something unexpected.
Look for those photos that jump out at you that truly put a smile on your face.
What items bring you comfort?

What are the smells that make you relax?

What are the smells that make you happy?

Anxiety
Ease
Stress
Relief
Peppermint
Lavender
Who are the humans who make you feel better?

- Parents
- Teachers
- Friends
- Neighbors
- Extended Family
- Grandparents
- Councilors
- That ONE Cool Aunt
- Siblings
- Extended Family
- Grandparents
- Councilors
- That ONE Cool Aunt
- Siblings
TAKE ACTION

What do you do with those thoughts and ideas that roll around in your brain?

Get them out of your brain!


What do you do with those thoughts and ideas that roll around in your brain?
Create an Emotional First Aid Kit

1. **SOUNDS** – Create a list on your phone using any streaming service like Spotify or Apple Music
2. **SIGHTS** – Put images on your binder that make you smile, change your screensaver and lock screen saver
3. **TOUCH** – Have things that bring you joy like stress balls, pets, weighted blankets, soft clothing items, stuffed animals, etc.
4. **SMELLS** – Find smells that make you happy and relaxed
5. **HUMANS** – Make a list of people who love you
6. **TAKE ACTION** – Go for a jog, draw, cook, organize, write, and express yourself in a judgment free zone
What is Mindfulness?

Mindfulness is the ability for us to be completely present, meaning totally aware of where we are, what we are doing, and how we are feeling.

If you’ve ever gone through part of your day on “auto-pilot” (behaving out of habit, not paying attention to what is going on around you, dismissing or ignoring feelings, etc.) this is living without mindfulness.
Why Mindfulness?

Studies show that students who meditate before an exam perform better than students who don’t.

Mindfulness has been demonstrated to reduce the symptoms of anxiety, stress and depression.

Mindfulness can improve concentration.
Mindfulness Strategies

1. Stop and Take 4 Deep Breaths
2. Draw, Doodle, Journal
3. Listen to Soothing Music
4. Take a Hot Bath or Shower
5. Practice Meditation by Sitting for 5 Minutes with Eyes Closed
Takeaways for YOU

Download Meditation Apps Like...
- Stop, Breathe, and Think
- Insight Timer-Meditation
- Calm

Listen to Podcasts Like...
- Teenager Therapy
- The Teen Life Coach
- Talk2BeWell

Download Gratitude Apps Like...
- Gratitude Happiness
- Happify
- Headspace
- RealifeChange
- Stigma

Follow Social Media Like...
- Work2BeWell
- ICANHELP
- The Mindful Teen
- Sit With Us
- The Buddy Project
Write a brief paragraph about how you will use your Self-Care Kit.
1. Feet on the floor
2. Nice deep breath
3. Check-in with 2 people next to you
   • How are they doing?
   • How are you doing?