

Mindfulness Activities. Let's all learn together!

Mindfulness is *"...a moment-to-moment awareness of one's experience without judgment. In this sense, mindfulness is a state and not a trait. While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them."* American Psychological Association

Practicing [mindfulness exercises](#) for parents will help you live in the present moment and remain peaceful and relaxed. They will reduce your anxiety levels and help enhance concentration...

1. Try to look at the world from the point of view of your child. Attempt to do this every day. Let go of your own world point of view for at least a few minutes.
2. Consider how you sound and appear to your child. What would it be like to have yourself as a parent? Does this influence how you want to relate to your child (what you say and how you say it)?
3. Look for ways to balance your needs and the needs of your child. Consider being selfless, where possible, and putting the needs of your child over your own.
4. Listen carefully. Focus without distractions such as TV, social media, and phones. Be fully engaged as you listen to the stories your child tells.
5. Attempt to see your child as perfect just as they are. Accept them even when it is difficult.
6. Focus on what your expectations are for your child and how you communicate those expectations. Do you have their best interest in mind?
7. Attempt the mindful walk experiment. While walking pay attention to your breathing and the way the ground feels under your feet. Observe your surroundings. Let other thoughts go and focus on the sights and feelings of the moment.
8. Focus on your breathing. With practice this will become an automatic skill that you will just start doing in stressful situation.

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