

Happy Minds

Mindfulness is the ability to focus totally on the present.

Developing our mindfulness skills can help us to stay calm under pressure, be more focussed on tasks and have better self-control.

To develop our mindfulness skills, we need to:

- Practise these skills regularly
- Be patient
- Get comfortable

Giving mindfulness a go...

- Find a comfortable place and choose your activity.
- Pay attention closely to that activity.
- When your mind wanders away from the activity e.g. you start thinking about what's for lunch, or a funny joke someone told you, that's you getting distracted. It's natural - minds do that all the time!
- Guide your mind back to your activity again. That's how you train your attention.
- Keep bringing your attention back to the activity every time your mind wanders. Try to do this for 5 minutes.

Mindful magic

Mindful activities to try:

- Meditation
- Yoga /Pilates
- Mindful Breathing
- Mindful Colouring
- Mindful Walking
- Mindful Music
- Mindful Puzzles

What can parents do?

Provide a quiet space or opportunity for your daughter to try one of these activities.

Why not try one of these activities together?

Often trying a new activity together can stimulate future positive conversations.

Helpful Books/Useful Websites:

'How to be Mindful' by Anna Barnes

'Happy Confident Me Daily Journal' by The Happy Confident Company

'Mindfulness for Teens in 10 Minutes a Day' by Jennie Marie Battistin

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

<https://www.youngminds.org.uk/young-person/blog/how-i-practise-mindfulness-to-improve-my-mental-health/>

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>

<https://www.bbc.co.uk/programmes/p09668p5>

https://36bcba96-c643-4a57-97c9-a5d0a468fe3a.filesusr.com/ugd/e3ca78_9e47c10c3462422cbbf15f57707c380e.pdf

