

What is Mindfulness?

When we are mindful we are fully present and paying attention to what we are doing.

When we are mindful our bodies and minds become laser focused and we tend to slow down and pay closer attention

When we are mindful we become more aware of our physical sensations, mental thoughts, and emotional fluctuations


BE
HERE
NOW.



What are the benefits of Mindfulness?

We can take more time to enjoy the present moment and find joy in the little things

We can decrease stress



We can increase our focus

How can we be more mindful during the day?

As parents it is important to become more mindful in our own lives so that we can be more present for our children

We can be more present on our current tasks and less distracted

We can set aside time for mindful activities such as: reading, sipping tea, folding laundry, walking, stretching, reading stories to our children, etc.


We can learn to listen closely to our loved ones. Find ways to be present when our children speak to us, and tell us about their days, joys, fears, etc.

We can learn to appreciate the imperfections during our days. Life is not linear, and we tend to get weighed down by these challenges or “imperfections.” By trying to become more mindful we can build new ways to appreciate all the twists and turns of life.

Try To:

Schedule time for yourself. Write it into your schedule so that you don't skip it. Try to make it the same time each day. Create healthy mindful habits.

Make mindful activities fun for the whole family. How can we create a calmer home experience? What would that look like? Start these dialogues at home with your family.





Emily Abramson, Art Therapist, LCAT, ATR-BC, Yoga Therapist

2020

