

What is MINDFULNESS anyways?

A Guide for Teens

What is mindfulness?

Mindfulness is about being fully present in a moment. It's when you are relaxed, going slow and letting thoughts drift through your mind. Mindfulness helps you be aware of everything going on around you and inside you, such as paying attention to sensations or feelings. Mindfulness helps you manage stress.

Do I have to sit with crossed legs and my eyes closed?!

No, that's meditation, which is something you can do with deeper mindfulness practise if you wanted to. Mindfulness is simply doing things that allow you to quieten your mind so you can be in the moment.



So what can I do to be mindful?

Reading, music, art work, exercise, walks, showering and journaling are some of the things that give you the chance to be mindful. Even watching the clouds drift by and daydreaming are forms of mindfulness.



What if I'd rather be on my phone?

It's thought that phones can impact stress levels. Especially social media. It's a good idea to give yourself phone breaks that allow you the chance to be mindful.



What's the deal with breathing?

Controlled breathing techniques are powerful stress relievers. Essentially, breathing deeply sends a message from your body to your brain that everything is OK and helps reverse stress responses such as tense muscles, shallow breathing, irritability or fast heart rate.



Why is mindfulness good for me?

Mindfulness reduces stress and anxiety whilst increasing energy and resilience! It's something we can do to take care of our overall wellbeing. We all need a toolkit of strategies to manage stress and challenges. Mindfulness is one thing in your toolbox! By regularly taking time to be mindful you'll increase your physical health as well as being more confident, creative and insightful.

