

Mindfulness

- "paying attention in a particular way: on purpose, in the present moment, and non-judgementally" (Kabat-zinn, 1994)

Mindfulness – Breathing, Panic, and Calm

-When we practice mindfulness, we often focus on our breathing. Today, we will explore why breathing is so important.

-Breathing is something that happens in the present moment. So when we focus on our breathing, we let go of the past and stop worrying about the future.

-For this reason, practicing breathing can help you to remain calm.



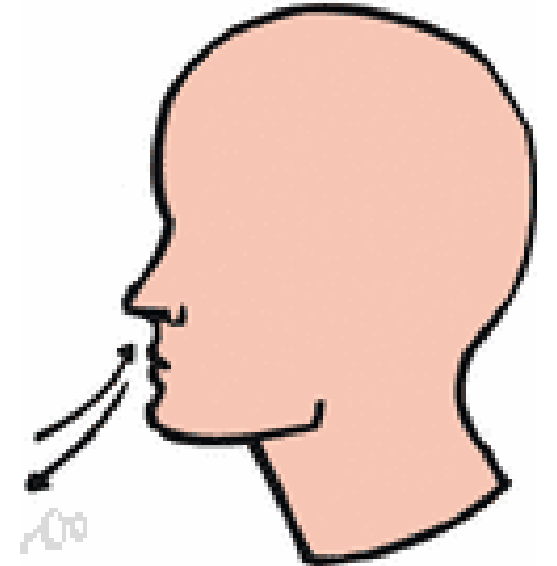
Mindfulness – Breathing and our Biology

-Breathing is linked to our nervous system.

-When we breathe in, we activate the part of our nervous system that is also linked to the fight or flight response. It is the part responsible for panic and anxiety.

-When we breathe out, we activate the part of our nervous system that slows our body down and helps us to relax.

-Breathing out more slowly will therefore allow you to feel more relaxed.



Mindfulness – A Short Activity

Spend the next few minutes focusing on your breathing.

Breathe in through your mouth for four seconds

1 2 3 4

Now purse your lips (pout) and breathe out slowly for 8 seconds

1 2 3 4 5 6 7 8

I now want you to focus specifically on breathing out by completing one of the following activities:

- Light a candle (with adult supervision) and practice blowing on the flame without making the candle go out.
 - Pour yourself a drink and practice blowing into the cup on the surface of the liquid. Notice how the liquid moves around the cup as you do this.

Mindfulness – Take Away Points

-Focusing on your breathing allows you to stop thinking about the past or worrying about the future.

-Breathing out slowly for 8 seconds will allow you to feel less stressed.

-If you do ever notice yourself starting to panic or feel anxious, try breathing out slowly to help relax your body again.

