



HEALTH AND HAPPINESS

How To Be



Learning to give our attention to the present, living in the moment and enjoying the here and now is so much easier said than done. Yet, there is so much to be gained by making even the smallest investment in becoming more mindful and incorporating moments of mindfulness into our day.

There is a growing body of scientific research that shows the positive effects that practicing mindfulness has on mental health and well-being, particularly for children.

WHAT IS MINDFULNESS?

Mindfulness is simply paying attention in a particular way, on purpose, in the present moment. It is paying attention to what is happening around us, what we are doing, what is happening inside us, and how we are feeling.



WHY IS IT IMPORTANT?

Mindfulness develops the whole brain and helps children understand their emotions. Practicing mindfulness can help children (and adults) learn to focus, manage stress, regulate emotions, develop a positive outlook and feel compassion and empathy.

Today we want to share with you a link to a great guide offering basic tips and ideas for practising and modelling mindfulness with children of all ages. Link: [New York Times - Mindfulness for Children](#)

We also encourage you, if you are able, to visit the smiling mind website. Here you will find prompts for how to download their free App offering mindfulness exercises for children, families and adults. It also offers access to a number of online resources and a guide for parents and carers to download. Link: [Smiling Mind](#)

We trust that learning 'how to be' will bring moments of calm to the chaos and happiness in the unknown.

“Mindfulness is paying attention to the here and now, with kindness and curiosity.”

- Amy Saltzman

I AM MINDFUL

When I'm mindful, I notice the things I can see, hear, taste, smell and touch in front of me right now.

I can be mindful anytime.

It helps me be my best, feel happy and stay healthy.

