



# Guidance Newsletter

Bailey Middle School

March 2019

## Mindfulness: A Daily Practice That Could Change Your Life!

### What is Mindfulness?

*"Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally." –Jon Zabat-Zinn*

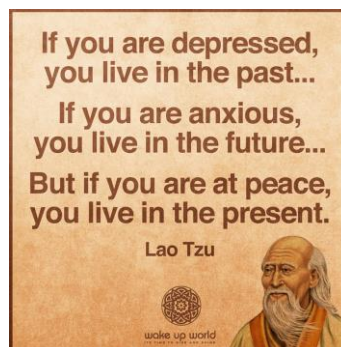
Mindfulness increases brain gyration (folding of brain tissue), which allows the brain to process information more efficiently. As a result of this brain activity, a few benefits of mindfulness include:

- Helps regulate emotions
- Improves academic performance
- Helps retain memories & information
- Fights anxiety
- Improves ability to respond wisely

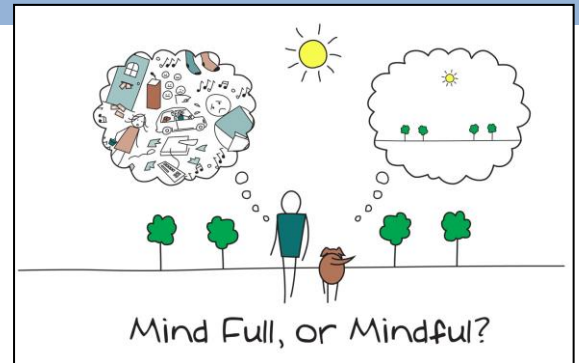
*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom." – Viktor E. Frankl*

### Mindful Breathing

Pick a focus object – a tree, your breath, a picture, food you are eating, etc. Focus on breathing deeply and slowly while noticing all of the details of the focus object. If your thoughts wander it is ok. The purpose is not to keep the mind from wandering but to recognize when it does and bring it back to focusing on your breath and object. Start with 5 minutes a day and build from there. You can do this while eating or walking too.



*Mindfulness enables more moments in the present.*



### 7 Things Mindful People Do Differently

1

Approach everyday things with curiosity –and savor them

Forgive their mistakes—big or small

2

3

Show gratitude for good moments—and grace for bad ones

Practice compassion and nurture connections

4

5

Make peace with imperfection—inside and out

Embrace vulnerability by trusting others—and themselves

6

7

Accept—and appreciate—that things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of *The Now Effect*

Want to learn more?... <https://www.youtube.com/watch?v=JDSifNLIIds>  
<https://www.youtube.com/watch?v=w6T02g5hnT4>  
<https://www.youtube.com/watch?v=o-kMJBWk9E0>

With Mindfulness



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