

# MINDFUL BREAKS



## MINDFUL QUOTE OF THE MONTH

"Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes ( which it will); being with the unpleasant without fearing it will always be this way ( which it won't)."

- James Baraz



## SOME BENEFITS OF MINDFUL BREATHING

- **REDUCES STRESS**
- **CALMS THE NERVOUS SYSTEM**
- **CAN INCREASE ENERGY LEVELS**
- **INCREASES OVERALL CARDIOVASCULAR HEALTH**
- **BALANCES EMOTIONAL AND MENTAL STATE**

There are many reported mind and body benefits to mindful breathing. If you are uncomfortable slowing down your breath, begin by focusing on the flow of your breath as it leaves and enters your body. You can slowly build up your mindful breathing to last for longer lengths of time. It is recommended that you start for a few short minutes a day.

Here is a video to get you started! 5 minute breathing space [https://www.youtube.com/watch?v=2ts\\_ifDB0eQ](https://www.youtube.com/watch?v=2ts_ifDB0eQ)

### MINDFUL EATING

Here is a resource that informs us about eating mindfully. Young children are naturally mindful eaters. Mindful eating starts with you! This resource can help spark great reflection and dialogue on your own eating habits and relationship with food.

<https://www.zerotothree.org/resources/2736-mindful-eating-for-infants-and-toddlers-start-with-you>

### MINDFULNESS APP OF THE MONTH FOR KIDS:

**Sleep Meditations for Kids (Free)**  
(iPhone, iPad)

The perfect app to incorporate into your bedtime routine, Sleep Meditations for Kids has four bedtime stories that are transformed into guided meditations designed to promote relaxation and contentment. Available for iPad, iPhone.

<https://apps.apple.com/us/app/sleep-meditations-for-kids/id549414156>

### MINDFULNESS APP OF THE MONTH FOR ADULTS:

**[Simple Habit \(Free\)](#)**

This app was created to offer stress relief for busy people. Commit just five minutes a day, and you'll enjoy less stress, improved focus, better sleep, and easier breathing. The On-the-Go feature teaches you how to quickly calm your nerves and improve mindfulness, while guided meditations for specific situations and symptoms help you tailor your experience. Learn to meditate with our free Basics pack, a 10-day beginner's course that guides you through the essentials of meditation and mindfulness. It'll give you a solid foundation to build your practice on.

<https://www.simplehabit.com/>