



With Midtown High School Knights

Mindfulness comes in all shapes, thoughts, and sizes....

It is the basic human ability to be present, aware of where we are and what we are doing, and not excessively reactive or overwhelmed by what is going on around us.



5 Things YOU CAN DO TO BE MORE MINDFUL

- Practice mindfulness during routine activities. Try to be more present during your normal daily routine. For example, pay more attention while brushing your teeth, taking a shower, eating breakfast, or driving to work. Focus in on the sight, sound, smell, taste, and feel of these activities instead of completing them on autopilot.
- Stop checking your phone every five minutes! An easy way to do this is to put your phone on airplane mode. It is much easier to be present in the moment without constant notifications from a cell phone.
- Connect with nature. Take a walk in nature, whether that be in your neighborhood, at a park, in the woods, or on the beach. Listen to the sounds of nature, look around, and be present in your surroundings.
- Schedule time. Set aside 15 to 30 minutes a day for meditation, yoga, art, or another mindful activity you enjoy. Be sure to remove all distractions while practicing this activity.
- Surround yourself with support. Get books, go online, or download phone apps to learn more and keep you motivated in the practice.



Mind Full, or Mindful?

Tools to Assist as We Adjust to Our “NEW-NORMAL”

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|------------------------|----------------------------------|--|
| *JOURNAL WRITING | *CLEANING OUT A CLOSET | *SETTING A DAILY/WEEKLY SCHEDULE TO CHAT WITH FRIENDS AND FAMILY |
| *WALKING YOUR PET | *TAKING A BUBBLE BATH | *FIND DIFFERENT AREAS OF YOUR HOUSE, PORCH, OR YARD TO SPEND TIME DAILY |
| *CALMING APPs | *ORGANIZING A DRAWER | *CREATING A ROUTINE FOR YOU AND WITH YOUR FAMILY |
| *CREATING A TO-DO LIST | *PLANTING A FLOWER/
OR GARDEN | *COOKING A MEAL/FAVORITE DESSERT |
| *BREATHING APPs | *CREATING A DANCE ROUTINE | *COMPLETING SCHOOLWORK ON THE PORCH OR IN AN OUTSIDE AREA |
| *EXERCISING | *LISTENING TO MUSIC | *SETTING A SCHEDULE TO CALL, FACETIME, SKYPE, OR SEND A VIDEO CHAT TO OLDER FAMILY OR FAMILY MEMBERS THAT LIVE ALONE |

GRATITUDE

Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. **Gratitude** is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.



Resources

Here are a few apps that can be used to help you practice mindfulness.



CALM

Calm is a mental health app that can help you relax, meditate and fall asleep easier.



MINDSHIFT

MindShift uses CBT strategies to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.



BREATHE

Stop, Breathe & Think is a free mindfulness, meditation, and compassion building app where you can emotionally check-in on how you are thinking and feeling with tailored meditations.



WELLTRACK

WellTrack is a self-help program that you can use to address stress, anxiety, and depression including videos, relaxation exercises, mood tracking tools, and written exercises.



MOODPATH

Moodpath is a mental health app that you can customize to help you manage anxiety, depression, and stress.



SELF-HELP ANXIETY MANAGEMENT

Self-Help Anxiety Management (SAM) is an app that provides you with a symptom tracker, educational article, relaxation techniques, and coping skills for managing anxiety.



TIDE

To help you relieve stress, stay focused, relax with mindfulness, and better sleep at nights.



YOUPER

Youper is a mental health app where you can monitor and improve your emotional health via talks based on therapy techniques or mindfulness.



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Stay Safe, Focused, and Calm!!

Additional Links:

Coping With Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Speaking Up Against Racism Around the New Coronavirus

<https://www.tolerance.org/magazine/speaking-up-against-racism-around-the-new-coronavirus>

The Coronavirus Surfaces Fear, Stereotypes and Scapegoating

<https://www.adl.org/blog/the-coronavirus-surfaces-fear-stereotypes-and-scapegoating>

CDC: Managing Anxiety and Stress During the COVID-19 Outbreak

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Grady Counseling and Support Team

Mrs. MacBrien, Ms. Pellechia, Ms. Rivera, Mr. Young,
Ms. Falcone, Ms. Rucker, Ms. Robinson, Ms. Nahmias,
and Ms. Roberts.