



Creating a Mindful Life & Family

WHAT IS MINDFULNESS: What does it mean to be “mindful”? It is...

- awareness
- experiencing
- connection
- paying attention in a particular way
- on purpose
- being in the present moment
- observing without judgment

THE MOST MINDFUL PEOPLE WE KNOW ARE OUR CHILDREN!!

THE GOALS OF MINDFULNESS: Why do it?

- reduce stress
- regulate emotions
- less reactive responses
- stop ruminating on thoughts
- better memory
- to slow down
- stronger relationships
- improve mental health
- ease suffering
- lower blood pressure
- reduce chronic pain
- improve sleep
- alleviate gastro discomfort
- manage addictions
- more focus
- more cognitive flexibility
- build compassion

BUSTED: What are the common misconceptions/myths about this practice?

- **Who has time to sit and meditate?** - meditation is just one way to be mindful.
- **You need to be present ALL the time** - the mind is created to wander, no one is present ALL the time unless you are a master that has dedicated their life to it, and still I have to wonder.
- **It's about deep breathing** – you can deep breath but you could also just notice & observe your body breathing naturally.
- **My mind can't keep quiet** - you cannot quiet your mind, that's impossible!
- **I doubt I'll ever achieve a blissful state** - mindfulness is being aware of all emotion – anger and fear are emotions.
- **I don't have time for a 'time-out'** - mindfulness is becoming present in your life, the way it is, without judgment.
- **You need to be in a serene space for it to be effective** - mindfulness can occur at any time in any place in any circumstance.
- **I can't do it, I have no focus or concentration** - it's not about focusing or concentrating, you probably already do mindful things without realizing it.
- **It conflicts with religion** - this practice is not attached to any belief system, it's a practice that allows you to just 'be' in the present moment without judgment.

Connecting with ourselves and caring for our own needs helps
us connect with and care for the needs of others around us.



Role Modelling for Our Child's Resilience

When we weave mindful practice into our busy lives, those benefits will absolutely carry down to our child/ren:

- When we show affection and attention our child feels loved, connected, and gains a sense of worth.
- When we listen and show compassion our child feels understood, accepted, and they understand others.
- When we stay calm our child learns to calm themselves and handle stressful situations.
- When we model patience our child is able to wait and develop patience.
When we stop and re-think our child will stop and think and become creative problem solvers.
- When we model a positive outlook our child begins to appreciate the positives in life and become optimistic.
- When we treat mistakes like they're ok our child sees mistakes as learning and aren't afraid to try new things.
- When we keep trying our child keeps trying and achieves goals.
- When we see strengths our child begins to see their own strengths and feel confident.
- When we take responsibility and be involved our child gets involved and feels like they belong.

Starting Your Personal & Family Toolkit

Free Phone Apps (iOS & Android)

- Smiling Mind (Smiling Mind)
- Meditation Timer & Log (TeleSoftas Apps)
- Aware - Mindfulness Meditation (zoojoo BE)
- Buddhify – Mindfulness to Go (Mindfulness Everywhere)
- Cure Stress Meditation – (Foundation of Human Understanding)
- 5 Minute Meditation (Olson Applications Ltd.)

Website Resources:

Mindful (magazine): Taking Time for What Matters <http://www.mindful.org/raising-the-mindful-family/>

Mindfulness for Children <http://annakaharris.com/mindfulness-for-children/>
(Exercises designed for children 6-10 yrs)

Mindful Activities for Families <http://heartmindonline.org/resources/mindful-activities-for-families>

Promoting Resilience in Adults & Young Children – Targeted activities for parents and children
<http://reachinginreachingout.com/resources-parentprofessionals.htm>

Please check out our website for listing of free wellness and mental health resources in Hamilton and follow us on Facebook for free wellness events.



Putting people in touch with free wellness resources

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