

DAILY

# MINDFULNESS

FOR

# TEENS

## BE IN THE MOMENT



Become aware of your senses

Focus on the present

Press Pause



**THINK**

About your breathing

## MOVE IT

Move with purpose

*Dance*

**Yoga**



**MINDFULNESS**

WALK

*Strike a power pose*

## CENTER YOURSELF

M  
E  
D  
I  
T  
A  
T  
E

Find a quiet place



**THINK**

a positive thought

**Focus on 1 thing or thought**

## GET CREATIVE

COOK SOMETHING IN THE

**KITCHEN**



**Create something**

*Write it down*

Express

YOURSELF THROUGH

Movement

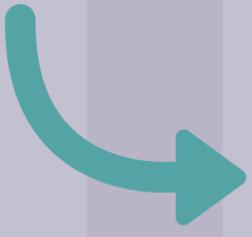


## IMPORTANT REMINDERS

# MINDFULNESS

FOR

# TEENS



## BE NON JUDGMENTAL

**Be non judgmental of your thoughts, actions, feelings and of others**

## Acceptance



Be willing to fully accept the way things are in the moment



## Be Patient

Remember things take time. Let go of the worry & allow things to happen

## STAY IN THE PRESENT

KEEP YOUR MIND FROM THINKING ABOUT 'WHAT IF' OR 'WHAT WILL BE'



## Let Go

Allow for things to be as they are. Let go of expectations, desires, thoughts and feelings

## Be Kind



Be kind to yourself and others by keeping a positive frame of mind



**Practice Mindfulness Every Day**