

COUNSELING CONNECTION

SNOOK SECONDARY

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What you need to know: **MINDFULNESS**

WHAT IS MINDFULNESS?

Mindfulness is a grounding technique to help us be fully aware of the present.

WHY BE MINDFUL?

- reduce stress
- decrease anxiety and depression
- increase clarity
- increase calmness



HOW CAN I BE MINDFUL?

There are a few techniques you can practice in order to be a more mindful person:

- Deep Breathing - breathe in for four seconds, hold for four seconds, release for four seconds
- Five senses - In that moment, recognize one scent you're smelling, one sound you're hearing, one sight you're seeing, one flavor you can taste, and one texture you can feel

There are also apps to help practice mindfulness. Check out:

- Headspace
- Calm
- Mindfulness App
- Stop, Breathe & Think
- Stop, Breathe & Think Kids