



FDHS Student Support Services Mindfulness for Students

What is Mindfulness?

- Mindfulness is a state of nonjudgmental awareness of what is happening in the present moment, including the awareness of one's own thoughts, feelings, and senses as well as being present in the moment. Mindfulness can help with cognition and overall mental and emotional wellbeing.
- When you are mindful you are paying attention to what is going on inside of you (thoughts, feelings, sensations, impulses, etc) and what is going on outside of you (what you see, hear, smell, feel, etc).
- When you begin to notice what is going happening in the present moment, you are more likely to be aware of your feelings and gain control of your emotions.



Two Ways to Practice Mindfulness

- Mindfulness Walk: Although you have to practice social distancing, you can still take some time to go outside and take a walk. Ways to make your walk mindful include aware of your breathing and the steps you are taking while on your walk. Also, starting to notice how your body moves while walking and begin to become aware of your surroundings. Pay attention to what you see, hear, or smell, or feel while walking.
- Mindful Meditations and Body Scans: There are several videos to help guide you on a mindful meditation and body scan. Below are some links and apps to some relaxing guided meditations and body scans that you can use to be mindful and wind down. YouTube also has various guided meditations and body scans to meet your needs.

<http://mindfulnessforteens.com/guided-meditations/>

<https://www.mindful.org/a-mindful-breath-counting-practice-for-teens-and-tweens/>

<https://www.theepicself.com/meditations/teens/>

<https://www.headspace.com/> (app)

<https://www.calm.com/> (app)

With everything currently going on it can be easy to become overwhelmed. Please remember to take time regularly to focus on your mental health. If any additional help is needed with managing your mental health needs please feel free to contact any member of the Student Support Team and we will be able to assist you or point you in the right direction. Please visit <https://sites.google.com/fayette.kyschools.us/fdhs-student-resources> for additional resources.



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