

March 23, 2022

Practicing Mindfulness

We have all had those days where it feels like we are just running in circles. Our mind is rushing and we are really frazzled. The same can be said for our students and their families.

Practicing mindfulness can be a way to calm and slow down, so we can truly appreciate things in ourselves, our life and our world. According to mindfulness guru Jon Kabat-Zinn, mindfulness is: "Paying attention, on purpose, in the present moment, without judgment." In other words, whenever you are attentive to what is happening, how you are thinking, feeling and experiencing it in the now, without judgement. You are being mindful. Current research shows that when you practice mindfulness, you can actually remodel the physical structure of your brain and increase your problem-solving, lower stress, increase focus, be more companionate with yourself and others and generally become happier and healthier.

It is also important to follow the airline's oxygen mask principle: put your mask on before you help someone else with theirs. The more we become mindful the more we can help our families.

Here is a [Month of Mindfulness](#)- a 4-week presence-awareness challenge. This calendar presents one practice we can do everyday for a month to start our mindfulness journey. Please feel free to share/copy the handout with our families. These are great practices that can be done with our students during the day as well.

In this crazy time, we are all living in, taking time to stop and be mindful is one small thing we can do to calm the storm.

Take care and thank you for all you do!

PBIS Leadership Team