

## Mindfulness: Relaxation Techniques, Coping Skills, & Journaling

*“Everything is created twice. First in the mind and then in reality.”*

– Robin Sharma

**Mindfulness** is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. Mindfulness is a quality that every human being already possesses. Way to approach everyday life that makes living more enjoyable and less stressful.



*“Mindfulness gives you time. Time gives you choices. Choices, skillfully made, lead to freedom.”*

– Bhante Henepola Gunaratana

































Mindfulness is:

- ❖ A choice YOU can make
- ❖ Being aware of how you feel and what you are experiencing
- ❖ Being in the present moment
- ❖ Choosing to be nice to yourself and others
- ❖ Approaching life with curiosity and kindness instead of judgement and criticism
- ❖ Bringing an open awareness of the present moment
- ❖ Paying attention with purpose
- ❖ Focusing on the here and now
- ❖ Training your mind to level up with kindness
- ❖ Engaging in everyday life
- ❖ Actively listening with the goal of understanding
- ❖ Pausing your reactions and responses
- ❖ Practicing paying attention to yourself and others with kindness and appreciation.
































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For Parents & Professionals	For Parents of Young Children	For School
 <a href="#"><u>Belly Breathing</u></a> <i>Article by Hope for the Warriors</i>	 <a href="#"><u>Breathe, Think, Do</u></a> <i>Interactive Activity by Sesame Street</i>	 <a href="#"><u>Stop for Mindfulness</u></a> <i>Video by The Mental Health Teacher</i>
 <a href="#"><u>Balloon Breath Challenge for Military Families</u></a> <i>Video by Hope for the Warriors</i>	 <a href="#"><u>Breathe, Buddy, Breathe!</u></a> <i>Interactive Activity by Sesame Street</i>	 <a href="#"><u>Belly Breathing</u></a> <i>Video by The Mental Health Teacher</i>
 <a href="#"><u>Deep Breathing Exercise for Kids</u></a> <i>Podcast by Defense Health Agency</i>	 <a href="#"><u>Teaching Belly Breathing</u></a> <i>Video by Sesame Street</i>	 <a href="#"><u>Thought Bubbles</u></a> <i>Video by The Mental Health Teacher</i>
 <a href="#"><u>Relaxation Exercises for Teens</u></a> <i>Breathing Basics by Children's Health of Orange County</i>	 <a href="#"><u>Comfort Strategies</u></a> <i>Article by Sesame Street</i>	 <a href="#"><u>Body Scanner</u></a> <i>Video by The Mental Health Teacher</i>
 <a href="#"><u>Journaling and Writing</u></a> <i>Printable by MCEC</i>	 <a href="#"><u>Watching for Signs of Stress</u></a> <i>Article by Sesame Street</i>	 <a href="#"><u>Breathing Tip Sheet</u></a> <i>Printable by Children's Healthcare of Atlanta</i>
 <a href="#"><u>Expressive Writing</u></a> <i>Printable by MCEC</i>	 <a href="#"><u>Using Humor</u></a> <i>Video by Sesame Street</i>	 <a href="#"><u>Journaling Tip Sheet</u></a> <i>Printable by Children's Healthcare of Atlanta</i>
 <a href="#"><u>Best Possible Self Writing</u></a> <i>Printable by MCEC</i>	 <a href="#"><u>Bounce Back</u></a> <i>Video by Sesame Street</i>	 <a href="#"><u>Grounding Tip Sheet</u></a> <i>Printable by Children's Healthcare of Atlanta</i>
 <a href="#"><u>Expressing Gratitude Journal</u></a> <i>Printable by MCEC</i>	 <a href="#"><u>R is for Resilience</u></a> <i>Video by Sesame Street</i>	 <a href="#"><u>Guided Imagery Tip Sheet</u></a> <i>Printable by Children's Healthcare of Atlanta</i>
 <a href="#"><u>Heartbeat: A Mindfulness Exercise</u></a> <i>Video by The Partnership in Education</i>	 <a href="#"><u>Bounce Back</u></a> <i>Interactive Storybook by Sesame Street</i>	 <a href="#"><u>Progressive Muscle Relaxation Tips</u></a> <i>Printable by Children's Healthcare of Atlanta</i>
 <a href="#"><u>How Mindfulness Empowers Us</u></a> <i>Video by Happyfy</i>	 <a href="#"><u>Looking for Special</u></a> <i>Interactive Storybook by Sesame Street</i>	 <a href="#"><u>Stretch Poses</u></a> <i>Printable by Children's Healthcare of Atlanta</i>








## Mindfulness: Relaxation Techniques, Stress Management, Journaling &amp; Bibliotherapy

For Parents & Professionals	For Parents of Young Children	For School
 <a href="#"><u>Everyday Mindfulness</u></a> Video by About Kids Health	 <a href="#"><u>Patience and Persistence</u></a> Article by Sesame Street	 <a href="#"><u>Deep Breathing and Grounding</u></a> Video by Children's Healthcare of Atlanta
 <a href="#"><u>About Grounding</u></a> Video by Children's Healthcare of Atlanta	 <a href="#"><u>Mean or Aggressive Behavior</u></a> Article by Sesame Street	 <a href="#"><u>Coping Skills: Elementary Students</u></a> Video by Children's Healthcare of Atlanta
 <a href="#"><u>Progressive Muscle Relaxation</u></a> Video by Children's Healthcare of Atlanta	 <a href="#"><u>Frustration and Persistence</u></a> Article by Sesame Street	 <a href="#"><u>Coping Skills: Middle/High School</u></a> Video by Children's Healthcare of Atlanta
 <a href="#"><u>Connecting With Your Kids</u></a> Video by Children's Healthcare of Atlanta	 <a href="#"><u>The Waiting Game</u></a> Article by Sesame Street	 <a href="#"><u>Deep Breathing: Elementary Kids</u></a> Video by Children's Healthcare of Atlanta
 <a href="#"><u>Setting Limits</u></a> Video by Children's Healthcare of Atlanta	 <a href="#"><u>Teaching Kids "Breathe, Think, Do"</u></a> Printable by Sesame Street	 <a href="#"><u>Deep Breathing: Middle/High</u></a> Video by Children's Healthcare of Atlanta
 <a href="#"><u>Turning Stress Into Strengths</u></a> Article by MCEC	 <a href="#"><u>Handling Sibling Conflicts</u></a> Printable by Sesame Street	 <a href="#"><u>Bear Belly Breathing</u></a> Printable by Breathe for Change
 <a href="#"><u>Developing Positive Coping Strategies</u></a> Article by MCEC	 <a href="#"><u>Take a Deep Breath and Count to Four</u></a> Video by PBS	 <a href="#"><u>Working with Military Families</u></a> Article by NCTSN
 <a href="#"><u>Web of Support</u></a> Article by MCEC	 <a href="#"><u>Breathing Exercises for Children</u></a> Article by PBS	
 <a href="#"><u>Daily Stress &amp; Frustrations</u></a> Article by MCEC	 <a href="#"><u>Practice Mindfulness with Belly Breathing</u></a> Article by PBS	
 <a href="#"><u>Stress Management Plan</u></a> Article by MCEC	 <a href="#"><u>Give a Squeeze, Nice and Slow</u></a> Video by PBS	
 <a href="#"><u>Stress Inventory</u></a> Worksheet by Holmes & Rahe	 <a href="#"><u>My Feelings Journal</u></a> Printable by Sesame Street	



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 <a href="#"><u>7 C's of Resilience</u></a> <i>Article by MCEC</i>		
 <a href="#"><u>Coping Through Pain &amp; Loss</u></a> <i>Article by Children's Healthcare of Atlanta</i>		
 <a href="#"><u>Dealing with Ups &amp; Downs</u></a> <i>Article by Children's Healthcare of Atlanta</i>		
 <a href="#"><u>Breathe to Thrive</u></a> <i>Booklet by PennState</i>		
 <a href="#"><u>Two Breathing Exercises</u></a> <i>Worksheet by Elias &amp; Tobias</i>		



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