

April 11, 2019

# THE BENGAL BEAT MINDFULNESS HEALTHY EDUCATIONAL INFORMATION



## In this issue:

- Mindset
- Mindfulness
- Breathing

"Mindfulness is a pause --  
the space between stimulus  
and response: that's where  
choice lies."



--Tara Brach

Plainfield East Student Services Issue 3

## Be the Positive

The purpose of a newsletter is to provide our students and families with educational information for a healthy lifestyle. Our students are very important and ensuring they live healthy lives is important. Today's world has many stresses. We hope the information in this newsletter is helpful for students and their families.



## What is mindfulness?

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.

While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

Breathing is an important part of mindfulness, but even more vital is changing our mindset. Too often we try and do 10 things perfectly at once, which leads to less focus on the things that really matter. Try these tips to lead a more mindful life.

- ☺ Slow down and be present
- ☺ Put your phone down
- ☺ Say thank you
- ☺ Recognize and embrace your emotions
- ☺ Replace a negative thought with a positive one
- ☺ Accept that you are not perfect... and that's OK
- ☺ Spend time with nature or go outside
- ☺ Take the time to enjoy what you are doing, the song you are listening to, the food you are eating, and the people you are with.



*Have a few minutes?? Check out some videos!!*

<https://www.mindful.org/meditation/mindfulness-getting-started/>

[https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes?language=en](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en)