



MINDFULNESS

Being present
without judgment
in the moment

   [@PromiseToTalk](#)

FAMILY MINDFULNESS TIPS

1

Breathing. In through your nose and out through your nose while you make a “Darth Vader” noise in the back of your throat.

2

Active Listening. Fully concentrate on what is being said. Make eye contact and ask questions.

3


Make Eating Enjoyable. Pay attention to tastes and smells. This will help with focusing on one thing in the moment.

4

Explore Creativity. Let children be creative with thoughts. Draw, color and create together. Enjoy every moment.

5

Practice Gratitude. Reflect with your family about something that brought each member happiness or gratefulness.



Practicing mindfulness can help us deal with emotions and become more aware of the world around us. Focusing on the present calms our mind, lowers stress, helps us connect with others and reduces anxiousness. Let's be mindful together.