

Mindful Moments

*Hackensack High School's
Bi-Yearly Newsletter for the Mind, Body & Soul*



Welcome to Mindful Moments!

Welcome to the first issue of Mindful Moments, a newsletter brought to you by HHS Guidance Department. Mindful Moments is devoted to cultivating the wellness of your Mind, Body & Soul. This issue focuses on maintaining a healthy mind & body through trying times- so relax, take a breath and be mindful-it only takes a moment!

So, exactly what is Mindfulness?

Mindfulness is the ability to be present in the moment while also being fully aware and accepting of your thoughts and feelings. When we train our mind to be present, we are letting go of reactive thoughts and feeling. Mindfulness can lead to many health benefits including reduced stress and negative emotions and increased focus and levels of happiness. Mindfulness is especially important during challenging times.



And, How Do I Practice Mindfulness?

Mindfulness can be a little difficult at first- your mind may wander, you may get restless or you may wonder if you are doing it correctly. My advice- toss the thoughts to the side and do the best you can in the moment. The more you practice mindfulness, the easier it will become to stay in the moment. I think you are ready to practice some Mindful Moments!!

Mindful Walking

Taking a mindful walk is a great way to clear your mind and refocus. Try to take a 5-10 minute mindful walk daily. Use your five senses to capture the essence of your surroundings and feel a sense of inner peace.

Click the link below for step-by-step directions on how to take mindful walks:
<https://www.mindful.org/daily-mindful-walking-practice/>



Mindful Eating

Mindful Eating

Mindless Eating

- 1 Eating past full and ignoring your body's signals
- 2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3 Eating alone, at random times and places
- 4 Eating foods that are emotionally comforting
- 5 Eating and multitasking
- 6 Considering a meal an end product

Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from

List created by Christopher Willard PsyD

Mindful Meditation

Mindful meditation is way to calm your mind from racing thoughts. It can be helpful in stressful times to help reduce anxiety. Mindful meditation helps you be present in the moment, focus on your emotions, thoughts and sensations. Although there are many techniques to practicing Mindful Meditation, all techniques involve breathing practice, mental imagery, relaxation, and awareness of body and mind. Starting a Mindful Meditation routine requires that you practice it regularly so that you can train your mind to stay in the present. If you are ready to start, click the link below for a guided meditation to reduce anxiety:

<https://www.yogajournal.com/videos/guided-meditation-for-anxiety>



Mindful Movement

Mindful Movement encourages you to be intentional about and aware of every move your body makes and how the movements makes your body feel while concentrating on your breath and the quality of your movements. Like all mindfulness techniques, Mindful Movements is a effective in managing stress and improving your socio-emotional well-being.

Click the link below for a Mindful Movement sequence:

<https://www.yogajournal.com/practice/urban-zen-sequence-insomnia>

