

Wellness Wednesday

December 11, 2024



Be in the Moment

What is mindfulness? It is paying attention in a particular way: on purpose, in the present moment and nonjudgmentally. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past and are better able to form deep connections with others. When we are mindful, we experience our life as we live it. We experience the world directly through our five senses. We taste the food we are eating. We recognize the thoughts we are having. In doing so, we learn how our minds work, and we are better able to label the thoughts and feelings we are having, instead of allowing them to overpower us and dictate our behavior.



what you think,
YOU BECOME.

what you feel,
YOU ATTRACT.

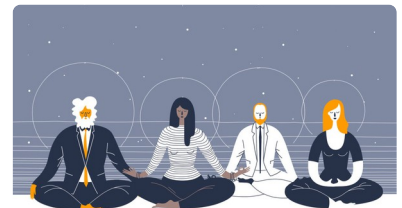
what you imagine
YOU CREATE.

-Buddha

Mindfulness Matters

What is mindfulness?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.



Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you.

What are the benefits of meditation?

Meditation has been studied in many clinical trials. The overall evidence supports the effectiveness of meditation for various conditions, including:

- Stress
- Anxiety
- Pain

Depression

Insomnia

High blood pressure (hypertension)

Preliminary research indicates that meditation can also help people with asthma and fibromyalgia.

Meditation can help you experience thoughts and emotions with greater balance and acceptance.

Meditation also has been shown to:

Improve attention

Decrease job burnout

Improve sleep

Improve diabetes control

What are some examples of mindfulness exercises?

There are many simple ways to practice mindfulness. Some examples include:

Pay attention.

It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.

Live in the moment.

Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.

Accept yourself.

Treat yourself the way you would treat a good friend.

Focus on your breathing.

When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

You can also try more structured mindfulness exercises, such as:

Body scan meditation. Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

Sitting meditation. Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

Walking meditation. Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.



Daily Calm | 10 Minute Mindfulness Meditation | Be Present

Meditate: Be Present

Travis Zen Den

The Travis Zed Den is now open in the counseling suite!

Purpose of the Zen Den:

- Independent self-regulation
- Calming Space
- Time to de-escalate

The Zen Den is NOT designed for discipline concerns!

THE
ZEN
DEN

Students will be allowed to spend 25 minutes in the Zen Den when needed.

Teachers, if you have a student that needs time- please contact their counselor. We will let you know if/when the student can come. Please do not send students to the Zen Den unless a counselor has given permission.

Students may NOT use cell phones while in the Zen Den.

Please reach out to the counseling office if you have any questions!



Travis High School

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