Mindfulness Meditation

Why is meditation important?

Meditation has been shown to offer many benefits. It is a well known technique to reduce stress and anxiety. Research also shows that it may also help enhance your mood, promote healthy sleep patterns, and boost cognitive skills.

How do you meditate?

1. Set a time limit (5mins., 10mins, etc.)
2. Find a quite space
3. Find a comfortable position (sitting up straight or laying down) and relax

4. Close your eyes
5. Focus on you breath (Breath from your belly)
6. Notice any thoughts that come up and let them pass to return to your breathing

Be more concerned with making this a habit than making each session perfect

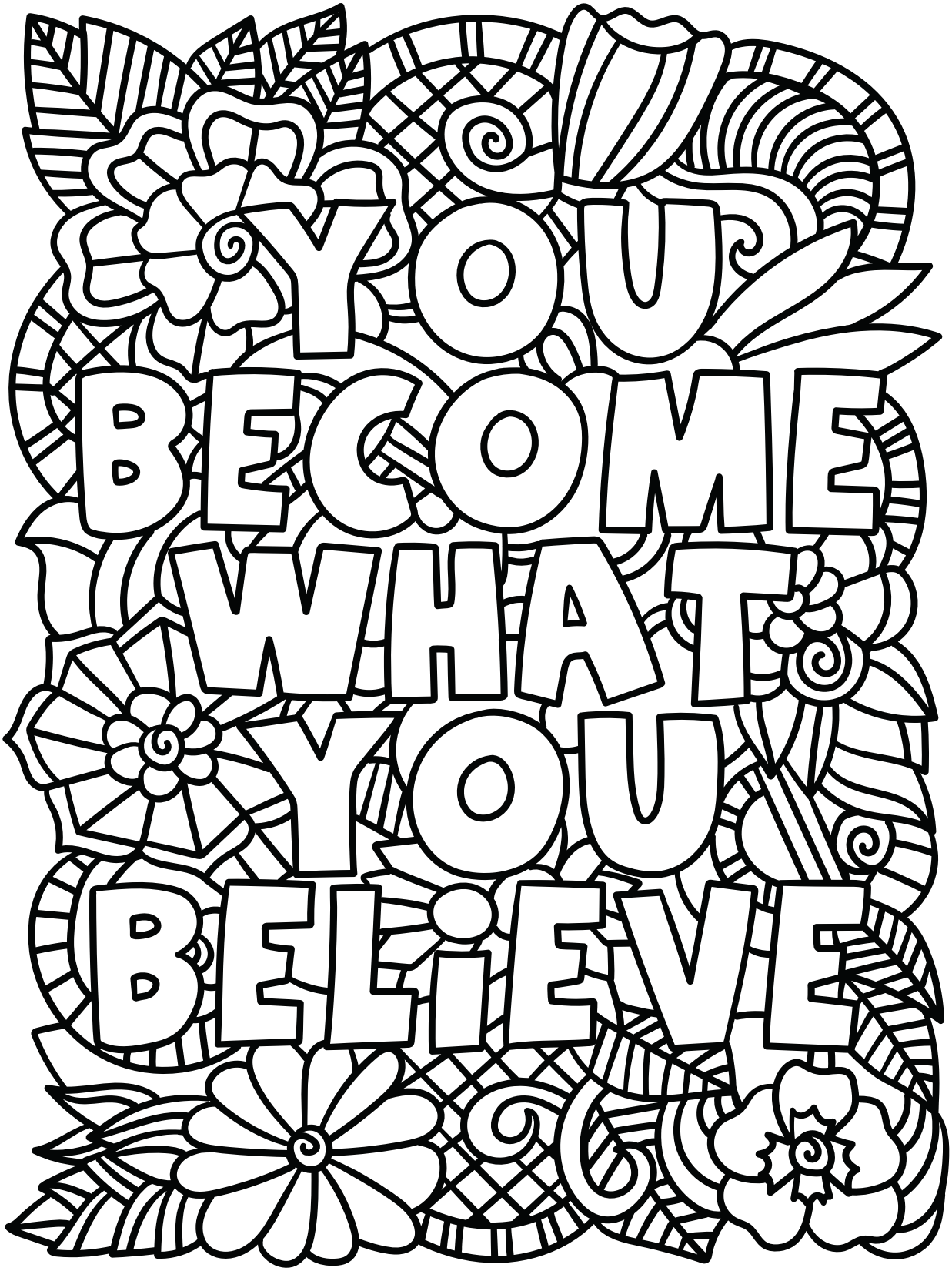
Mindfulness Meditation Resources

For guided meditations, meditation soundtracks, and other meditation resources visit **www.aces-la.org/shark** or scan the **QR code**

SHARK
STRONG HEALTHY AND RESILIENT KIDS

RANCHO LOS AMIGOS
NATIONAL REHABILITATION CENTER

aces aware
SCREEN. TREAT. HEAL.

Coloring Activity

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.