



In this exercise,
I'll share some of the fundamentals of mindfulness
And how it can be useful for people your age.

The practice of mindfulness is simple:
It's simply moment-to-moment, nonjudgmental awareness.

That means it's awareness of some part of your experience,
Like physical sensations, sights, sounds and smells
That are happening in each unfolding moment,
Without labeling them as good or bad, right or wrong.
Just the pure noticing
of actual experience
as it's happening.

That's it. Pretty simple right?
Unfortunately, what's simple is not always easy.
Try bringing awareness to the sensations of your belly as you breathe.
Go ahead.
Breathe deep inhales and exhales,
Focusing on what it feels like to breathe in the belly
Without judging anything as good or bad, right or wrong.

(15 seconds)

How did that go? Were you able to do it the whole time?
Chances are, it was more difficult than you anticipated.
Perhaps your mind wandered.
Perhaps there was judgment, doubt, insecurity, boredom, or worry.

Fortunately, there are a wide variety of mindfulness tools
That we'll review in this path
That will help you to stay in the present moment,
to cultivate empathy,
To build skills for concentration and impulse control,
And to navigate the many challenges that you face
of growing up amongst your peers.



The more you practice mindfulness each day,
The more value you'll see of slowing down,
disconnecting from digital devices for periods of time,
and simply breathing.

I encourage you each day to spend some time in digital detox,
in stillness
and in mindfulness.

GUIDED MINDFULNESS PRACTICE: LISTEN TO BELLS AS YOU BREATHE

Excellent. Well done.

So, to recap:

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I hope some of this has been useful for you.
Thank you for your mindfulness!