

# WORRY LESS

## MINDFULNESS TECHNIQUES FOR CHILDREN & YOUTH

When you are feeling worried or thinking too much, find ways to relax your mind and body. Remember to worry less to keep your body healthy and happy. If you or someone you know is experiencing anxiety, try some of these mindfulness activities to begin to manage these feelings.

### Belly Breaths



- Sit comfortably in a calm place. Feel free to place your hands on your belly & close your eyes if you can.
- Begin by closing your mouth & breathing in **slowly** through your nose for 4 seconds or until your chest is filled with air down to your belly.
- Now hold the air in the belly for 4 seconds & **slowly** blow out all the air through the mouth.
- Repeat as many times necessary or until you feel calm.

### Guided Meditation



- Breathe gently through your nose, eyes closed, and picture in your mind the place you like or a favorite place- a forest, the beach, a park, or somewhere else.
- Image what this place looks and sounds like and how this makes you feel.
- Try and smell the aromas, taste the air, hear the sounds.
- Feel your body relax & Continue for at least 5 minutes.

### Talk



- Encourage everyone to talk about their feelings and what it is that is worrying.
- Tell a trusted person, like a teachers or counselor, what you're worried about.
- Encourage everyone to identify the feeling and situations when they experience it by using sentences that start with "I feel \_\_\_\_ when\_\_\_\_\_".

