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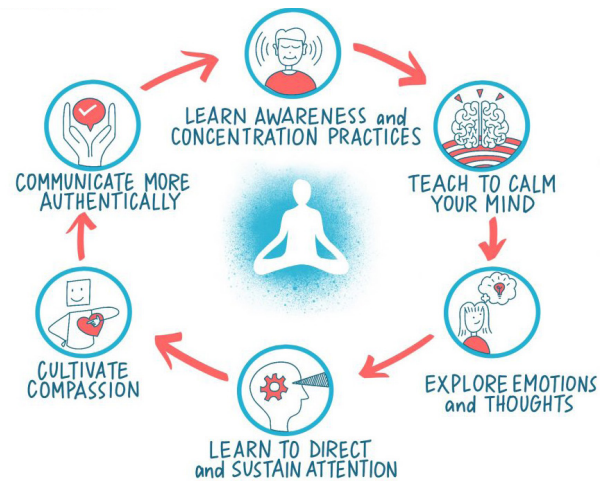


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Play and staying active is important, but practicing mindfulness is also a great way to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome mindfulness packet to help you manage stress and mental health.

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - www.kcplayequity.org/covid19/
- Society for Adolescent Health and Medicine - <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx#Friendly>
- Teen Link - <https://www.teenlink.org/resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx#Friendly>
- Center for Youth Wellness - <https://centerforyouthwellness.org/wp-content/uploads/2020/04/Domains-of-Wellness-Activities-and-Links.pdf>

Mindfulness helps us become aware of experiences inside and outside of our body, center ourselves, build confidence and reduce stress and anxiety. Mindfulness is beneficial whether you do it for 5 minutes or an hour but is most effective when practiced regularly and often. Try incorporating some of these techniques into your daily routine, like when starting your day or getting ready for bed! Most importantly, listen to your own body and make it fun!



BEAT STRESS WITH BELLY BREATHS

<https://www.mondaycampaigns.org/destress-monday/intro-to-deep-breathing>,
<https://www.thriveyogalove.com/videos.html>

Controlled and intentional belly breathing is a great way to slow down and reduce stress! Belly breathing draws breath deep into your lower lungs, allowing for your belly to rise as you inhale. This helps your body to access more oxygen, and more oxygen means lower blood pressure, slower heart rate and more relaxation! This is a great tool to have when

SEE BACK!

you're feeling anxious, frustrated or overwhelmed. Belly breathing is also a great way to relax before bed and help you to fall asleep! Check out these links for tools, videos and gifs to guide you through belly breathing!

- Place one hand on your chest and the other on your belly.
- Close your eyes and mouth. Place your awareness on your breath and not on your surroundings.
- Inhale deeply through your nose for a count of four and imagine you are smelling a flower. Make sure your diaphragm, or abdomen, is expanding and not your chest.
- Imagine you are blowing on a pinwheel and exhale slowly through your mouth for a count of four.
- Continue in this way for a few breaths, or until you feel calm.

Take a Deep Breath

Smell the flower



Blow the pinwheel



TEN STEPS TO MINDFULNESS MEDITATION



1 Create time & space.
Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.



2 Set a timer.
Start with just 5 minutes and ease your way up to 15-40 minutes.



3 Find a comfortable sitting position.
Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



4 Check your posture.
Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



5 Take deep breaths.
Deep breathing helps settle the body and establish your presence in the space.



6 Direct attention to your breath.
Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



7 Maintain attention to your breath.
As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



8 Repeat steps 6-7.
For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



9 Be kind to yourself.
Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



10 Prepare for a soft landing.
When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

In consideration of receiving this equipment and information, I recognize that this information cannot be used to officially diagnose or treat mental illness. I release from liability and waive my right to sue Upower, its officers, volunteers, employees and agents (collectively, "Upower") from any and all claims arising from my acceptance or use of the equipment and information, or the acceptance or use of the equipment and information by my minor children. On behalf of myself and my minor children, I release Upower from all liability, waive my right to sue Upower and assume all risk of accepting or using the equipment and information.

If you are in crisis or in need of mental health support, please call the King County 24-hour crisis line at 1-866-427-4747 or visit their website at <https://www.crisisconnections.org/24-hour-crisis-line/>

Stay safe and be well!

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