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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!



MINDFUL MOMENTS

<https://www.mondaycampaigns.org/destress-monday/package/mindful-monday>

Being aware and in control of our environments is important for managing stress. Taking the time to notice external experiences- like sights, sounds, textures, even tastes, can help us stay connected to internal experiences, such as emotions and bodily sensations. As you go through your day, spend time noticing the internal and external experiences in each moment. Approach each moment with curiosity, try to avoid judgement or

SEE BACK!

expectations. Here are some examples of Mindful Moments! Listen to your own body and find Mindful Moments that feel good to you!

- **Washing your hands:** How does the water and soap feel on your hands? How do different temperatures of water feel? What does the soap smell like? Does it remind you of other times you have smelled that scent?
- **Getting dressed:** How does the fabric of your clothes feel on your skin? How do the colors of your clothes make you feel? When you get dressed, what do you like to wear and why?
- **Eating a snack or meal:** What does your food smell like? How does it taste? What is the texture in each bite? How does the food make you feel? Does this food remind you of other times you have smelled or tasted it?
- **Outside sounds:** In your home or outside, close your eyes and notice the sounds you hear. What do you hear? Which sounds are louder, and which are quieter, and do you know why? How do the sounds feel as they enter your ears? Have you heard these sounds before? If yes, when? How do these sounds make you feel? How do the sounds change if you face a different direction or move to a new place?

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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