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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!



YOGA FLOW FUN!

Whether its kicking around a soccer ball outside or doing some stretches in our home, movement is a great way to reduce stress and feel connected to our bodies and minds. Specifically, yoga is a great way for people of all athletic abilities to disconnect, get moving and find balance. Yoga helps us build strength, energy, concentration and make space for positive thoughts and feelings. However you choose to practice yoga, try to connect your breathing to your movements and pay attention to how your body feels. Approach each movement with curiosity, try to avoid judgment or expectations. Here are some simple yoga poses from Yoga Ed. to get you started! Listen to your own body and find poses and movements that feel good to you!

see back..

Videos:

- Thrive Yoga - <https://www.thriveyogalove.com/videos.html>
- Yoga Ed. - <https://yogaed.com/resource>, <https://www.youtube.com/channel/UCZkbiujyDoXqoPPr5D74I7A>
- Yoga for Athletes YouTube - <https://www.youtube.com/playlist?list=PLW0v0k7UCVrnLQgw7ZxGYRqoAxvpJkqQz>

DESK CHAIR WARRIOR



Instructions:

1. Begin standing behind your chair in Mountain Pose with your feet hips distance apart.
2. Inhale, bring your hands to your hips.
3. Exhale, step your left foot back an entire leg's distance keeping your right foot facing forward.
4. Inhale, bend into your front right knee, with your back leg straight.
5. Exhale, bring your arms to the chair (Variation 1) or reach your arms up to the sky (Variation 2).
6. Breathe.
7. When you are ready, bring your hands back to your hips and step your left foot forward to Mountain Pose.
8. Repeat on the other side.

Cues:

Turn your left toes to face at a 45-degree angle. #3

Make sure that the bent knee faces directly forward over the ankle. #4

Your hands are shoulder-width apart. Your pinky fingers turn in slightly towards one another and your shoulders melt away from your ears. #5

Be firm and strong as you stand here in your Warrior I Pose. #6

Creative Language:

Imagine you have headlights on the front of your hips and you want to shine them on the front of your mat. #4

Can you be a peaceful warrior (peace signs)? Can you be a strong warrior (muscles)? #6

HELICOPTER ARMS



Instructions:

1. Begin in seated in your chair with your feet on the floor sitting up tall in your spine.
2. Inhale, reach your arms out to your side.
3. Exhale, turn your arms to the right.
4. Inhale, sit up tall in your body.
5. Exhale, turn your gaze over your shoulder.
6. Breathe.
7. Inhale, come back to center.
8. Repeat on the other side.

Cues:

Your palms are facing down. #2
Gaze towards your fingers on the right hand. #5

TRIANGLE



Instructions:

1. Begin standing in front of or behind your chair in Star Pose.
2. Inhale, bring your hands to hips.
3. Exhale, turn your right foot out and keep your left foot as is.
4. Inhale, reach your arms to a "T".
5. Exhale, bring your right hand to your shin and your left arm up to the air.
6. Breathe.
7. When you are ready, inhale and return to Star Pose.
8. Repeat on the other side.

Cues:

Make sure your right foot is aligned with the arch of your left foot. #3

Keep your ear lifted away from your arm by utilizing the strength of your neck. #5

Creative Language:

Face your palm away from you like you are going to give a high five. #5

Grade:

Pre-K to 12

RAINBOW SPINE



Instructions:

1. Begin seated in your chair with your feet on the floor sitting up tall in your spine.
2. Place your hands on your knees. Inhale and rock forward, pressing against your knees with your hands and arching your back like a rainbow.
3. Exhale and rock backward, pressing your hands into your knees and rounding your back.

Cues:

Draw your shoulder blades together to touch at the center of your back. #2

Round your spine as you press it towards the wall behind you. #3

Creative Language:

Imagine your spine is the arc shape of a rainbow. #2



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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