

## From stress to peace



Mindfulness practice to shift our thoughts toward self-success



Why is it important for students to learn stress relief?

Relieving stress allows us to experience a greater sense of calm, peace and relaxation. Relieving stress increases focus, concentration and memory!



How can mindfulness help me relieve stress?

Mindfulness is a meditation that helps you become more aware of your thoughts. Mindfulness gives us the tools we need to slow the thoughts down and control them. Mindfulness builds self-regulation so you can more easily shift your focus toward self care and self compassion.

### Write

Why do you want to be more mindful?

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### Practice

1. Choose one affirmation from the list, or create your own!
  - I am successful, I am confident, I am accomplished, I am resilient, I am worthy, and I am good
2. Breathe in, and gently pause the breath.
3. In your mind, speak your affirmation 3 times.
4. Releasing the breath and speak the affirmation aloud three times.

Remember to smile and speak your affirmation with meaning. Remember a few minutes of mindful practice a day goes a long way!