

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

Unwind Your Mind

This month, students are learning the benefits of being mindful through a campaign called Unwind Your Mind. Here is a summary of the learnings.

What is mindfulness?

It's about maintaining awareness of our thoughts, feelings, bodily sensations, and the surrounding environment.

Being mindful helps us pay attention and practice being present in the moment, instead of thinking about the past or the future.²

Mindfulness teaches you to be in control of your mind, instead of the other way around.¹

How do you practice mindfulness?

Meditation, relaxation, deep breathing, reading, and stretching are all ways to train your mind and body to relax while you take time for yourself.¹

Let's try a breathing exercise.²

1. Take a slow breath in through your nose all the way down to your lower belly for about 4 seconds.
2. Hold that breath for 1-2 seconds.
3. Exhale your breath slowly through your mouth for about 4 seconds.
4. Wait 2-3 seconds before taking another breath. Repeat.

Try doing this about 6-8 times per minute for about 5 minutes, twice a day

Slowing down and taking long, deep breaths can help you get perspective, come up with creative solutions to problems, and decrease your anxiety.¹

References

¹ <http://www.albertahealthservices.ca/news/Page13125.aspx>

² https://greatergood.berkeley.edu/mindfulness/definition#what_is