

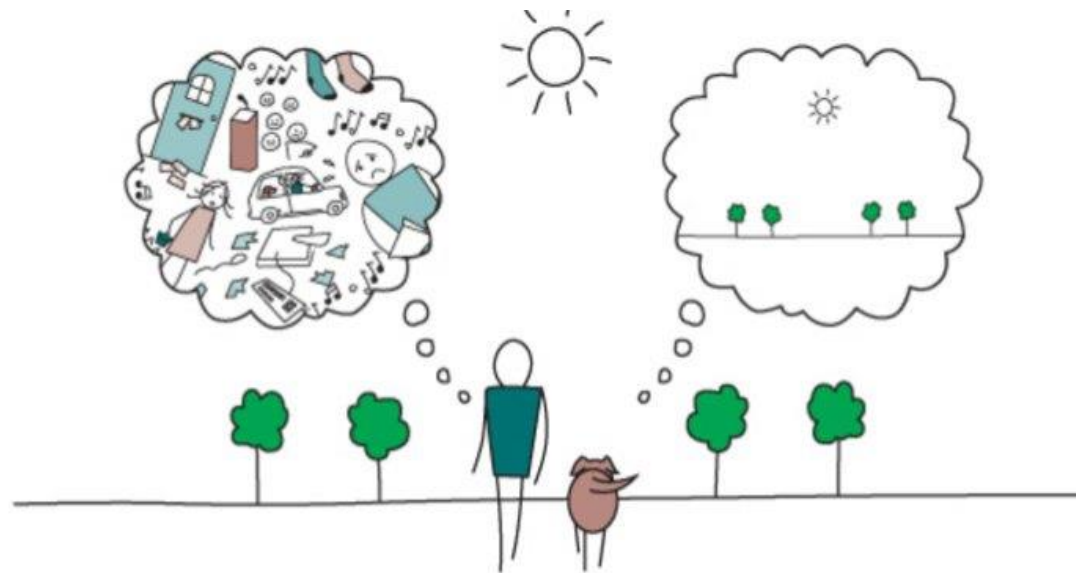
Mindfulness-based Approaches!!

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Are U Tuned to this World???



Mind Full, or Mindful?

ACTIVITY- I (54321 game)

- 1- Describe 5 things YOU see.
- 2- Name 4 things YOU feel.
- 3- Name 3 things YOU can smell.
- 4- Name 4 things YOU can hear.
- 5- Name 1 good thing about YOU.



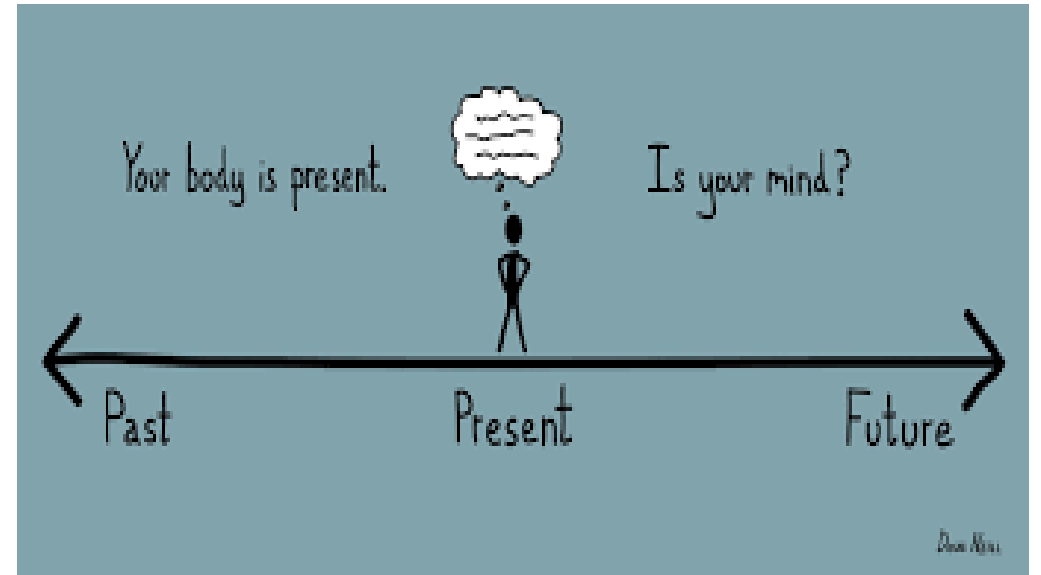
- Helps in self-awareness and improving sensory clarity and awareness.

MINDFULNESS...

- **Becoming aware about one's body & mind, living in present and acceptance of the present moments.**
- **It's originated in Eastern and Buddhist practices.**
- **One can attend mindfulness through the practice of mediation, relaxation and Yoga.**

Goals of Mindfulness...

- **To overcome fear and anger.**
- **To improve personality.**
- **To be tuned to one's mind-body.**
- **To be in present moment.**



Mind-Body Skills...

- **Mindfulness-**
- **Relaxation-**
- **Yoga-**
- **Positive Psychology-**
- **Concentration-**
- **Sensory clarity-**



ACTIVITY- II (Mindful Jar)

- **Take a glass jar filled with warm water. Put some glitter and glue in the jar. Close the lid and give a good shake. Imagine that, the jar is YOU and the glitter is THOUGHTS. So, as the glitter settles below, the thoughts also settle giving a CALMING state to you.**
- **The activity teaches us about how strong emotions can take hold, and how to find peace when these strong emotions come up.**



A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

S
Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

N
Notice

What is happening within and around you?

A
Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

C
Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K
Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.



ACTIVITY-III

- **Blowing bubbles.**
- **Allows us to focus on taking a deep , slow breath, and exhaling steadily to fill the bubble.**
- **Encourage us to pay attention to the bubbles as they form, detach, and pop or float away.**



**THANK YOU ...
TO BE MINDFUL !!!**





**COUNSELLING
SERVICES**


Child | Adult
Parental | Marital
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TESTING SERVICES

IQ | Aptitude
Interest | Personality

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