

## Mindfulness

### What is Mindfulness

Mindfulness is taking the time to be fully present in the moment and to notice what you're doing and your surroundings.

### Why do people need Mindfulness?

Mindfulness can help you do your best at things, and it also helps you to:

- Pay attention better & be less distracted
- Stay calm under stress
- Listen better to others
  - Be more patient
  - Get tasks finished
- Feel happier & enjoy things more
- Slow down instead of rushing
  - Gain self-control
- Avoid getting upset too easily

### How do I get started?

Mindfulness skills are easy to practice, and only take a few minutes a day. Here are a few basic steps to get started with mindfulness:

1. Sit in a comfortable position. Pick something to focus your attention on—your breathing is a good start.
2. Breathe normally while you pay attention to your breath.
3. Notice when your mind wanders (it's ok and this is natural) and gently guide your attention to your breathing again.
4. Keep breathing and relaxing, and bringing your attention back to your breath when your mind wanders. Start with 5 minutes and increase as you feel comfortable.

Mindfulness can be practiced in many ways—such as eating or walking mindfully. Try this today and see how you feel!

Source:

<https://kidshealth.org/en/teens/mindfulness.html?WT.ac=ctg#catproblems>

## Overuse Injuries

Overuse injuries can happen when too much stress is placed on a part of the body.

When this happens, it can cause inflammation, pain, swelling, muscle strains and tissue damage.

Some warning signs of overuse injuries include tingling, numbness, or pain in the affected area; stiffness or soreness in the neck or back, or a popping or clicking sensation.

Prevention is key—be aware of how much time you spend doing any repeated motions, and incorporate stretching, warm ups and cool downs before and after you exercise or play a sport.

If you suspect you have an overuse injury, it's important to get it diagnosed by a doctor or trainer and to rest the affected area so your body can heal.

## Healthy Breakfast Options

You've maybe heard that breakfast is the most important meal of the day...and it helps to kickstart your day! People who eat breakfast have a jump-start to their metabolism and tend to make better and calorie-conscious decisions throughout the day.

If you are always rushing in the morning, sometimes you may have to eat on the go, and having quick choices on hand can help you get on board with breakfast—just watch the sugary choices and try to incorporate protein and fiber to keep you fuller, longer.

Some ideas for breakfast include: Fruit, low-fat cheese or yogurt, fruit smoothie, whole-grain cereal or bread, oatmeal, eggs and peanut butter.

## 5 Ways to Prevent Stress Buildup

Stress is part of everyone's lives, and for a teen, schoolwork, sports, expectations from friends/family/teachers, deadlines and social drama—it can add up!

By practicing these 5 actions regularly, it can help keep your stress in check.

### Balance Responsibilities with Fun

Having all responsibilities and no fun will keep your stress levels high. Make time during each day to do something you enjoy.

### Manage Responsibilities

Having a calendar, planner or app can help you keep track of homework, practices, activities, chores and other commitments (and you can even note being available for things you enjoy!) Take time daily to ask yourself how things are going—what needs more time and what do you need to work on?

### Eat Healthy Food

What you use to fuel your body will also reflect on your mood, energy and stress level. High fat, sugar and processed foods are ok every once in awhile, but a balanced diet will keep you feeling nourished. Aim for whole grains, low-fat proteins and dairy products, fruits and veggies.

### Get Proper Sleep

ZzzZZZZzzzz! Not getting enough sleep will leave you feeling junky, cranky and tired. When you get enough sleep, you can think clearer and process what you need to do each day, and it will help your stress level.

### Exercise Daily

Exercise is a great way to not only take your mind off stress, but it also releases feel-good chemicals in our brain that makes us feel better. Pick exercises that you enjoy so you look forward to it daily!

Source:

<https://kidshealth.org/en/teens/stress-tips.html?WT.ac=ctg#catproblems>