

LEARNING
TO
Breathe

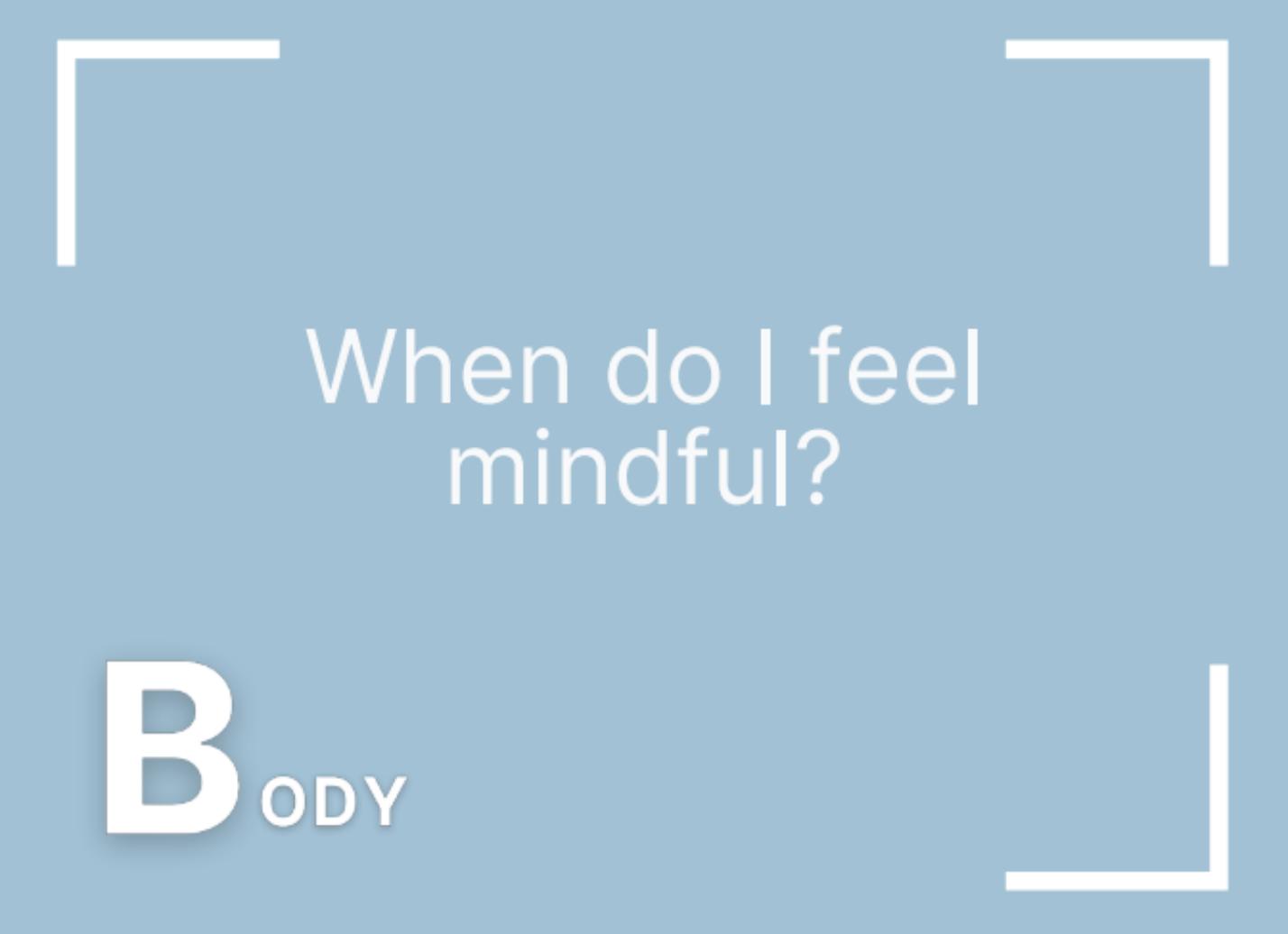
DAVIS  BEHAVIORAL HEALTH
Community • Commitment • Change

"Mindfulness is paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally."

- Jon Kabat-Zinn

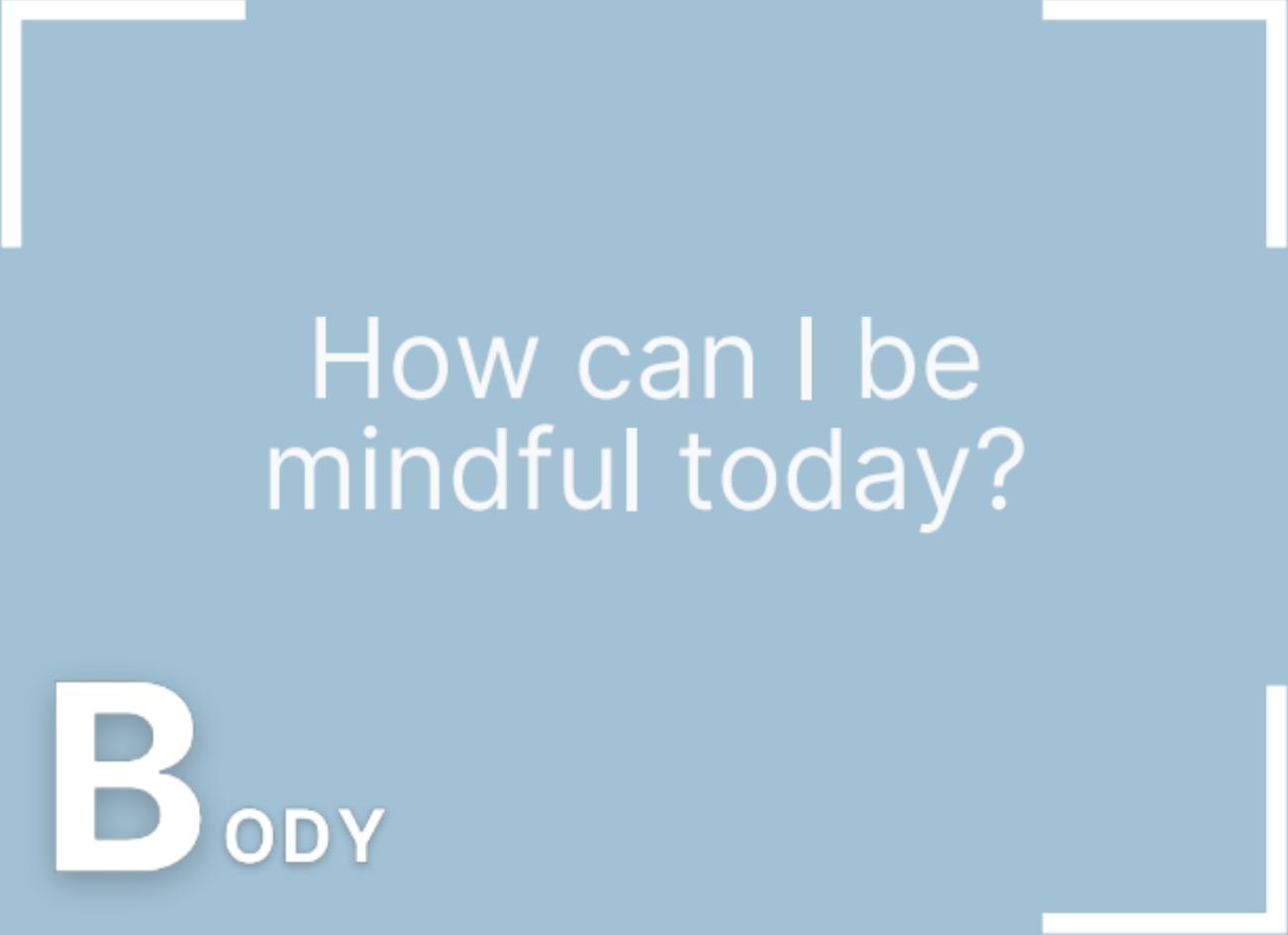
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When do I feel
mindful?

BODY



How can I be
mindful today?

BODY

How well do we
mindfully listen to each
other? What can we do
to improve?

BODY

What's my current
energy level on a scale
between 1 and 10?
(1 low - 10 high)

BODY

What does it feel
like to take three
long deep breaths?

BODY

What can I smell,
see, hear, taste,
touch right now?

BODY

What does it feel
like in my body
when I'm excited?
Calm? Angry? Sad?

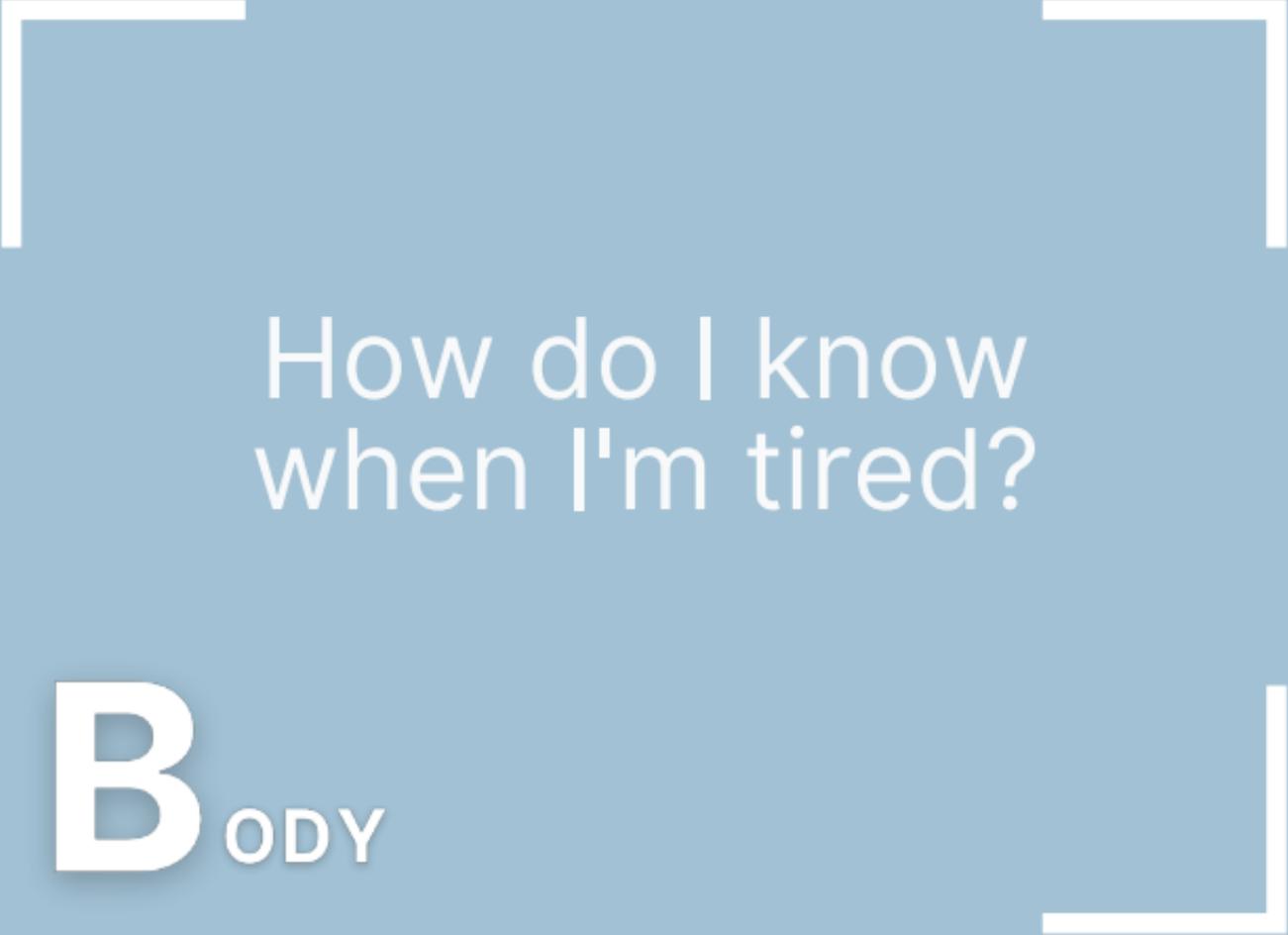
BODY



How do I know
when I'm hungry?

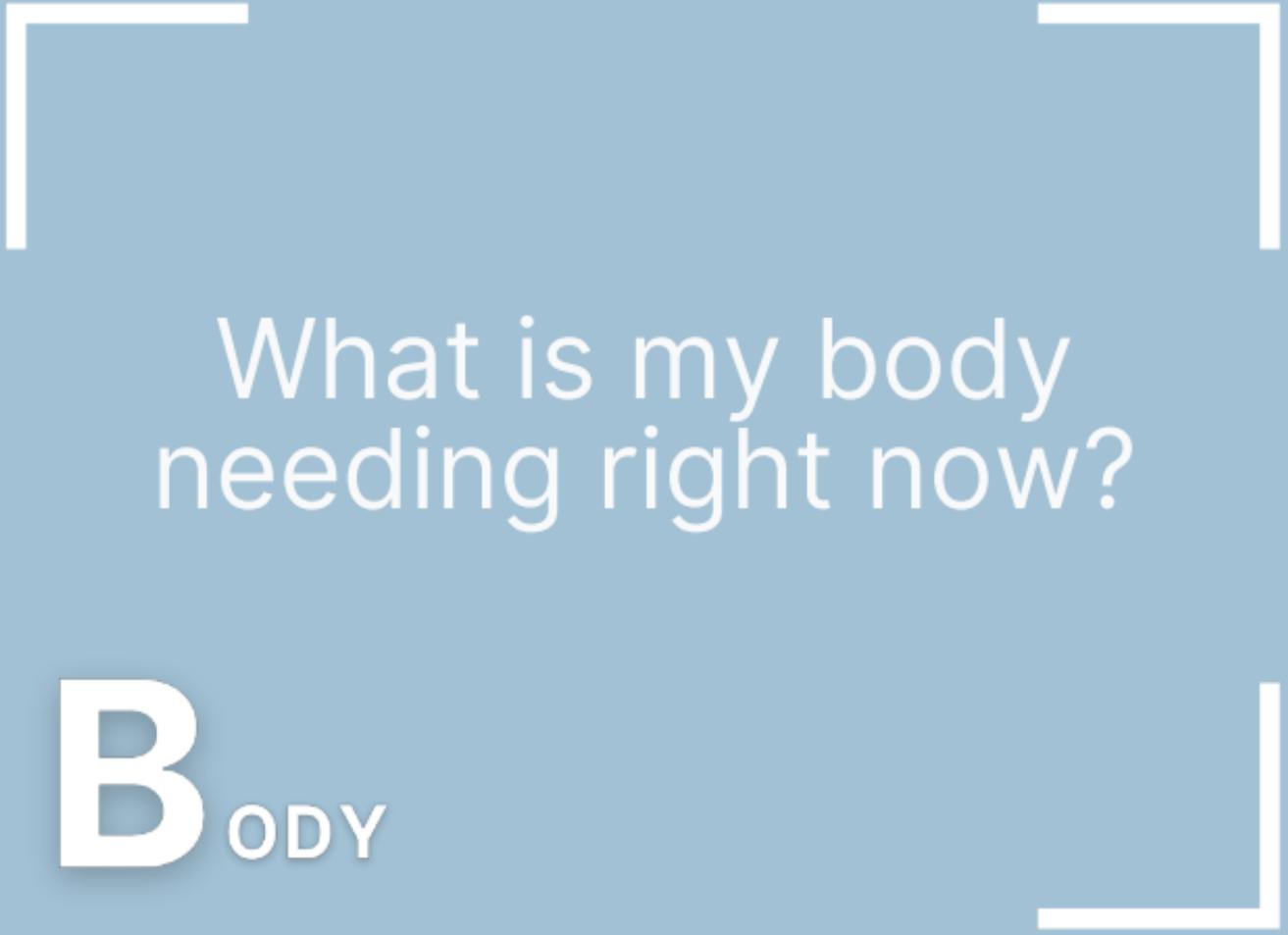
BODY





How do I know
when I'm tired?

BODY



What is my body
needing right now?

BODY



What can I do to
take care of my
body?

BODY



How is my self-talk
today?

REFLECTIONS (THOUGHTS)



What thoughts have
been taking up lots of
space in my mind
today?

REFLECTIONS (THOUGHTS)

What kinds of sticky thoughts have I had today?

REFLECTIONS (THOUGHTS)



What thoughts are
coming to mind right
now?

REFLECTIONS (THOUGHTS)





What do I think
about often?

REFLECTIONS (THOUGHTS)



What can I do to help myself when I have troubling thoughts?

REFLECTIONS (THOUGHTS)

Who can I reach out
to for support when I
have troubling
thoughts?

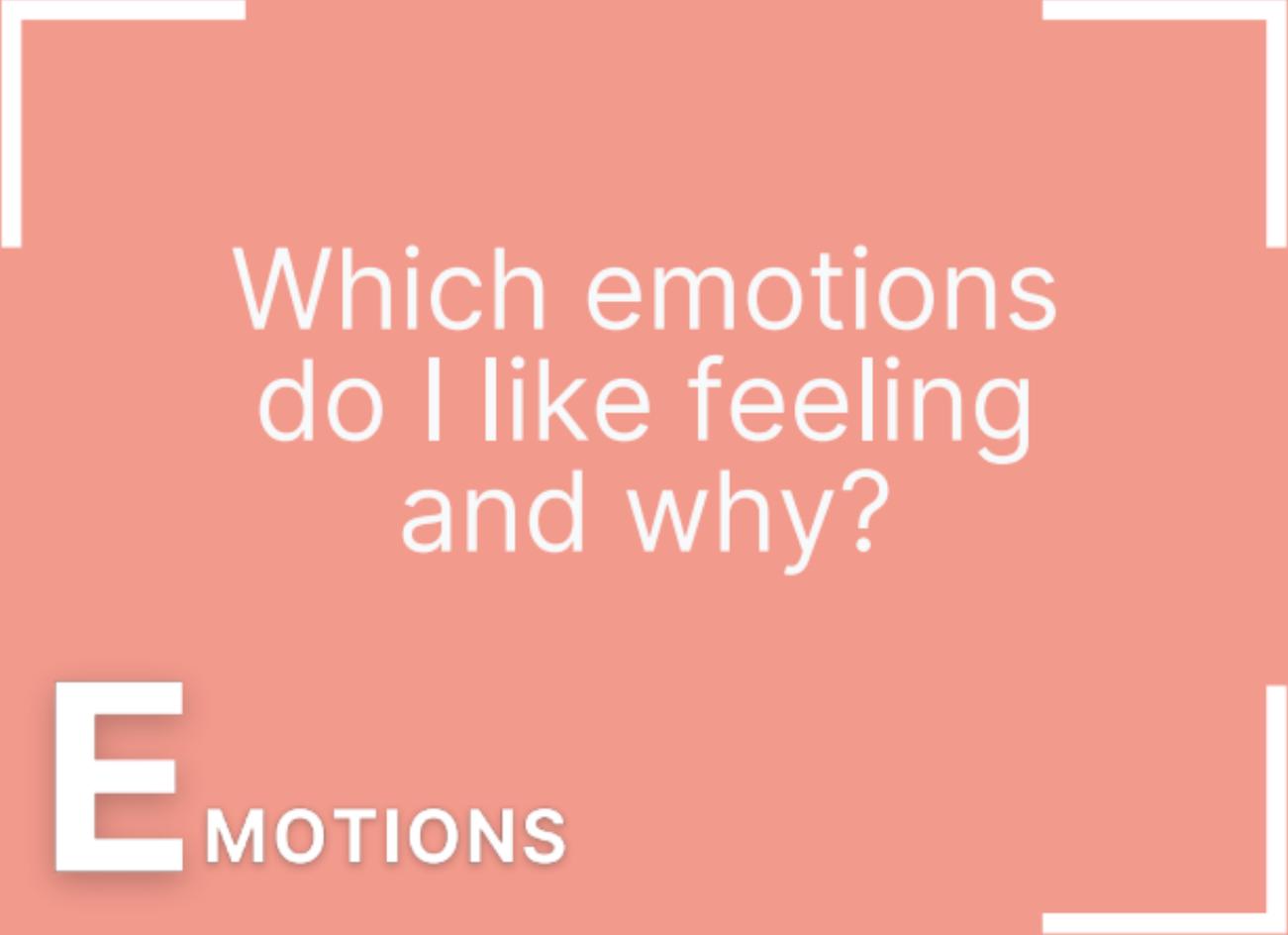
REFLECTIONS (THOUGHTS)

What kinds of
thoughts leave me
feeling good about
myself?

REFLECTIONS (THOUGHTS)

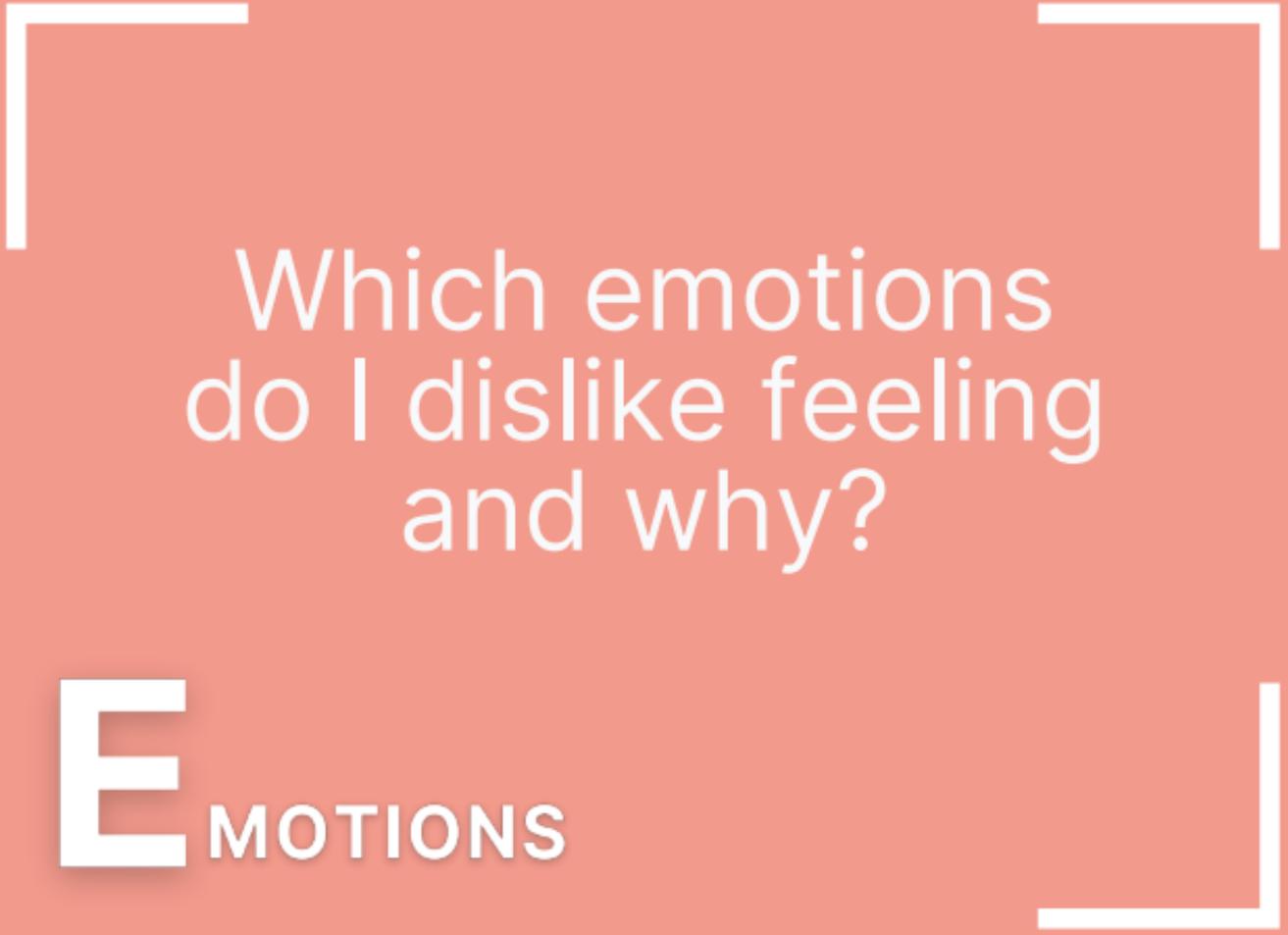
What kind thoughts
can I practice saying
to myself?

REFLECTIONS (THOUGHTS)



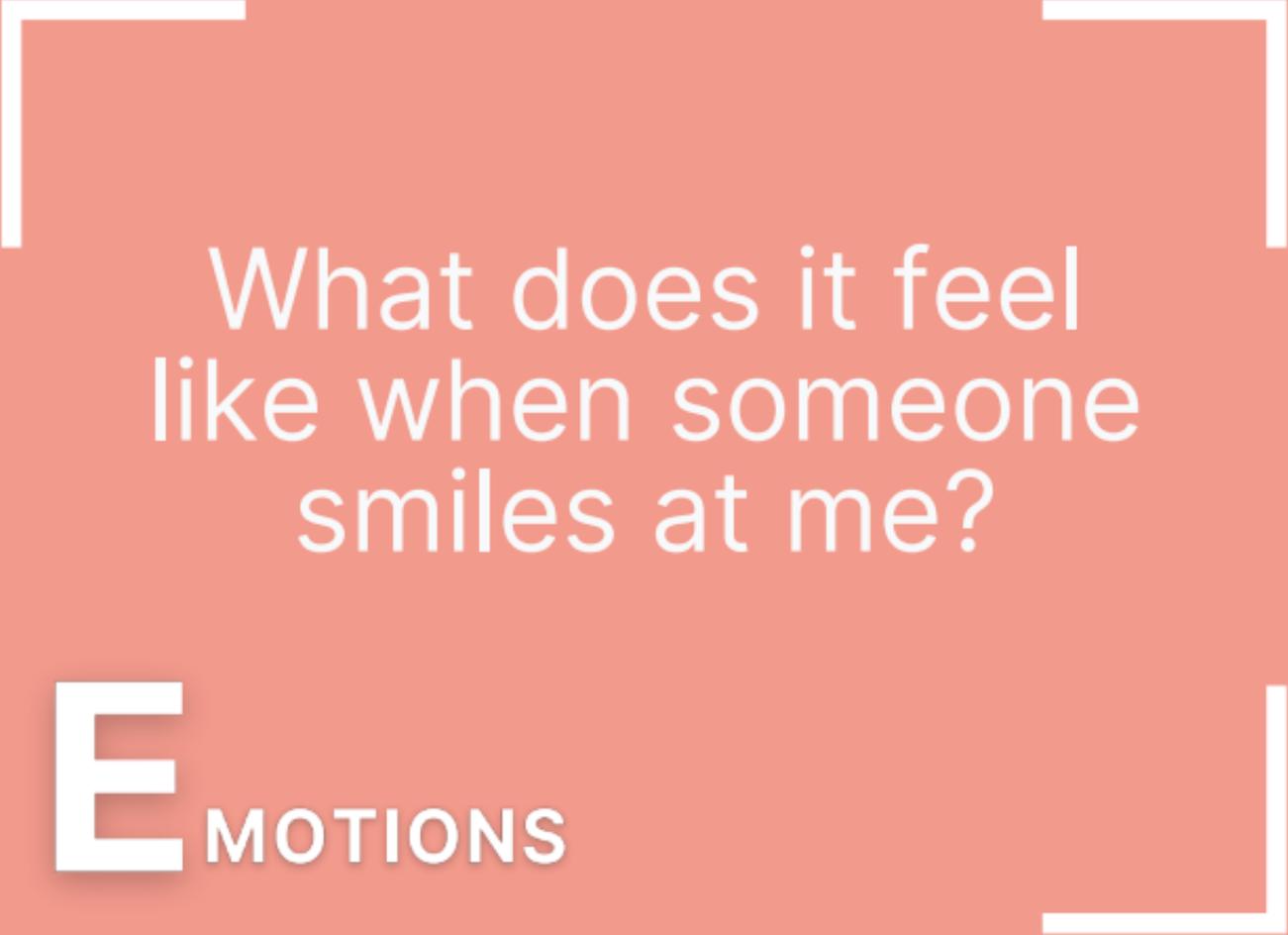
Which emotions
do I like feeling
and why?

EMOTIONS



Which emotions
do I dislike feeling
and why?

EMOTIONS



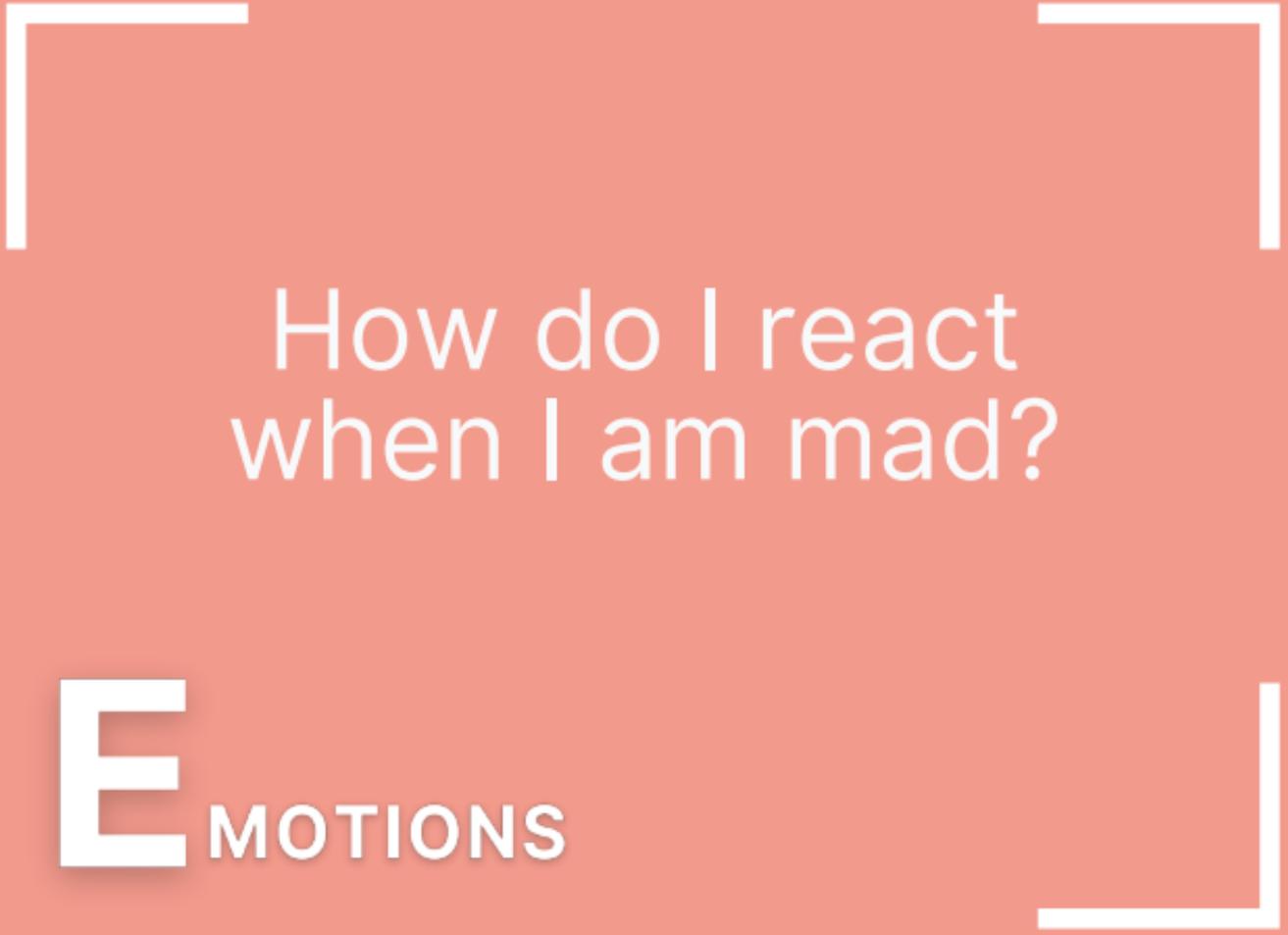
What does it feel
like when someone
smiles at me?

EMOTIONS



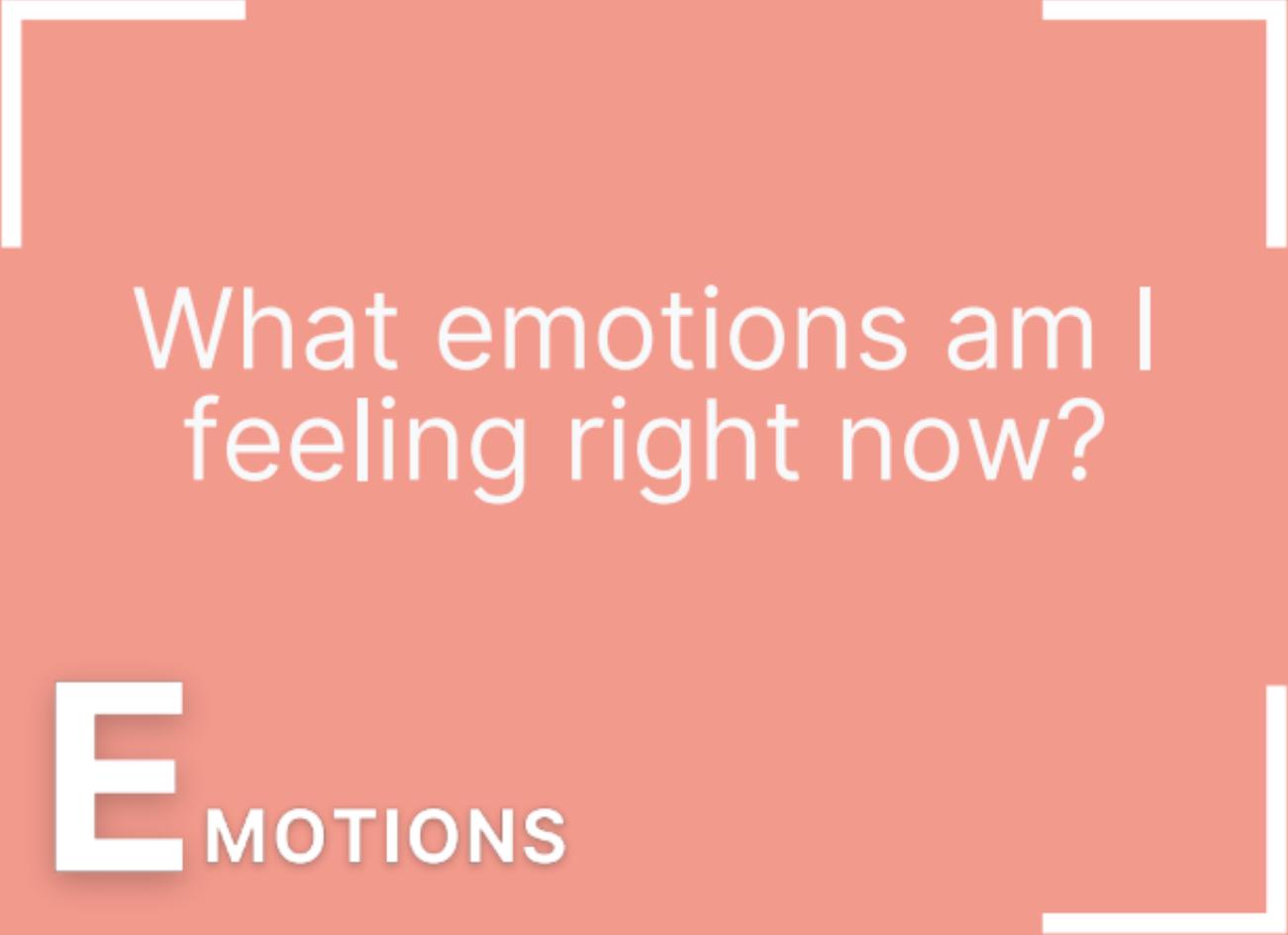
What types of
situations leave me
feeling angry?

EMOTIONS



How do I react
when I am mad?

EMOTIONS



What emotions am I
feeling right now?

EMOTIONS

Are the emotions I'm
feeling right now
pleasant, unpleasant
or neutral?

EMOTIONS

Where do I feel
emotions in my
body?

EMOTIONS

What helps me feel
comfortable to talk
about how I'm
feeling?

EMOTIONS



What causes me stress?

ATTENTION



What does it feel like
when I experience
stress?

ATTENTION

What signals does my
body give me when I
feel stressed?

ATTENTION

What can I do to help myself when I am feeling stressed?

ATTENTION



What support do I need
when I feel stressed?

ATTENTION

Who can I reach out to
for support when I'm
feeling stressed?

ATTENTION



What helps me to rest
and recharge?

ATTENTION



What is the hardest
thing about being a kid
these days?

ATTENTION

What things are easy
for me to talk about
with my family?

ATTENTION

What things are hard
for me to talk about
with my family?

ATTENTION

If I could give myself
one kind wish, what
would it be?

TENDERNESS

What are some ways
I can practice more
kindness towards
myself?

TENDERNESS

How can we practice
more kindness to one
another?

TENDERNESS



What do I love
about myself?

TENDERNESS



What do I like
about my family?

TENDERNESS



What are three things
I'm grateful for?

TENDERNESS





What can I do today to
be kind to myself?

TENDERNESS



How does it feel
when someone is
kind to me?

TENDERNESS



How can I be kind at
home? School?

TENDERNESS



What kind thoughts
can I practice
saying to myself?

TENDERNESS

What did I learn in the
Learning to Breathe
class?

H EALTHY HABITS OF MIND

Which activities or
mindfulness practices
have been helpful?

H EALTHY HABITS OF MIND

How would I like to
keep practicing
mindfulness
individually?
With my family?

H EALTHY HABITS OF MIND

- B – Listen to your Body.
- R – Reflections (thoughts) are just thoughts.
- E – Surf the waves of your Emotions.
- A – Attend to the inside and the outside.
- T – Try Tenderness – Take it as it is.
- H – Practice Healthy Habits of mind.
- E – Gain the inner Edge. Be Empowered!

E MPOWERMENT