

Live Life to the Full With Mindfulness

"This idea of life to the full isn't about striving for more. It's not about striving at all. It is about recognizing that life isn't a bunch of goals to achieve, or people to please; but an invitation to savor, delight and enjoy your life just a little more."

MINDFULNESS: Becoming aware of your experience

"For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. 2 Peter 1:5-7

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Benefits:

- Increases positive emotions over time
- Boosts optimism
- Resilience
- Self-acceptance
- Brings calm
- Decreases stress, anger and anxiety
- Helps at get better at what we like
- Helps us CHOOSE our actions
- We have a better well-being
- BEST of all! It Can bring you closer to God

For Kids:

Teaches kids how to handle stress.

"Mindfulness helps children understand the full range of their emotions, strengths and weaknesses...it prompts self-insight about unhelpful mental habits likely to block strengths development such as procrastination, pessimism and self doubt. It gives your child a better chance of growing strengths through adversity."

~Dr. Lea Waters of *The Strength Switch*

1. Stop, Pray Breathe

Mantras:

- This is not an emergency
- I can handle this
- I breathe in love, I breathe out calm
- My child would do well if he/she could

2. BREATHE

Parasympathetic Nervous System - CALM

Sympathetic Nervous System - ALARM

Breathing Techniques:

- 5, 7, 8 breathing (birthday cake)
- Box breathing - 4, 4, 4, 4
- Scripture breathing - (made this up)
- Connecting your breath (instead of only noticing it)

TODDLERS & KIDS:

- Blow fingers down
- Ask where they want you to put their big feelings

3. SIT WITH WHAT IS

Body Scan

- Make No judgments
- Try not to correct anything
- Bring awareness to every body part

4. CHAOS!!!

When Kids Are Upset:

SAFE
SEEN & HEARD
SOOTHED

Mindfulness Practices:

- Tapping (EFT)
- The 3 Minute Blessing (Dr. Laura Markham)

5. Savor

1 Timothy 4:4-5: "For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer."

Attach Positive Thoughts To:

- Sight
- Sound
- Smell
- Physical Touch
- Memories
- Taste

I am loved.



You will keep in perfect peace those whose minds are steadfast, because they trust in you. ~Isaiah 26:3



Holy Spirit



There's nothing worth more
That could ever come close
No thing can compare
You're our living hope

Your presence, Lord

I've tasted and seen
Of the sweetest of loves
Where my heart becomes free
And my shame is undone

Your presence, Lord

Holy Spirit, You are welcome here
Come flood this place and fill the atmosphere
Your glory, God, is what our hearts long for
To be overcome by Your presence, Lord
Your presence, Lord

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Your glory, God, is what our hearts long for
To be overcome by Your presence, Lord
Your presence, Lord

Let us become more aware of Your presence
Let us experience the glory of Your goodness

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