

Mindful Essentials

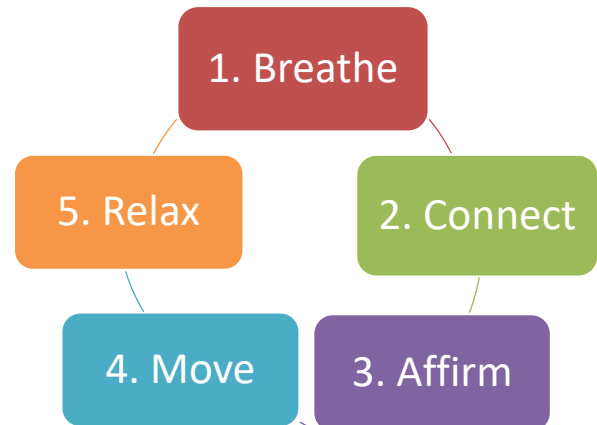
Mindful Essentials helps students and educators handle the stress of modern life through mindfulness, movement, neuroscience and positive psychology.

5 Key Elements

Each session of *Mindful Essentials* incorporates mindfulness tools in a straight forward and intentional way using five elements:

- Breathe
- Connect
- Affirm
- Stretch
- Relax

These elements teach fundamental life skills which can be immediately applied into daily life to help manage the stress of modern life.



Objectives

Mental

- Improve executive function
- Improve focus and concentration
- Cultivate sensory integration

Emotional

- Improve self-awareness and emotional regulation
- Increase self confidence and positive body image
- Decreased stress and anxiety

Social

- Foster compassion, empathy and optimism
- Reduce bullying
- Develop sense of community and relationship skills

Physical

- Improve overall health
- Increase resilience
- Better sleep quality