



Mindfulness in a Stressful Day

15 Years Old

Aneri Shah

Overview

Every day, many people face issues in their lives. Whether it is a mistake in the workforce or a bad grade on a test, it is important to remain calm. A worried and constantly depressed brain is an invitation for other problems. As said, a steady mind keeps for good health.

Most of the time it can be difficult to “talk it out” with someone or even a trusted person. Resolving it alone may be the better solution. Therefore, learn about 10 homemade tips to keep your day stress-free.

Materials Needed

- music playlist - on your phone :)
- headphone, earphone or speaker
- a notebook
- athletic equipment (clothing and gym necessities)
- quiet environment - anywhere
- a patient mind (for all exercises)

Steps

1. The first step includes putting away all work or school related items that could get you distracted.
2. Secondly, sit down in a silent environment and take deep breaths in and out for 1 to 2 minutes with your eyes closed.
3. While sitting, run through all the moments in the day: all the elapses and memory flashes.
4. Release those moments and let them pass though yourself. Do not overthink about them.
5. Visualize the future or the next day by imagining "good things" that could make your day.
6. Divert focus by taking out a playlist with songs. Listen through earphones or blast it out loud.
7. While listening to music, write down anything that you want to achieve and do or emotions that you feel.
8. After you feel better or relieved, work out patiently and calmly! Go on a walk, run, or any other physical exercise.
9. After working out, take some time and get a snack or drink. A worn out body needs energy.
10. Participate in other activities such as drawing or cooking.

Terminology Associated with Lesson

Memory flashes: recollections of moments that occur in one's life

Overthinking: focusing and stressing one thing over and over again in the mind

Visualize: imagining or foreseeing mentally

Physical exercise: working out and getting active

Activities: things that one can do to spend time or have fun

Notes To Instructor

- Some people may not be open to such ideas, so it's better to change certain aspects of the exercise to fit all members.
- Remain calm and patient at all times during the lesson.
- Let the person use this as a guide to calm down. Commonly, if someone takes actions independently, the results are quicker and accurate.