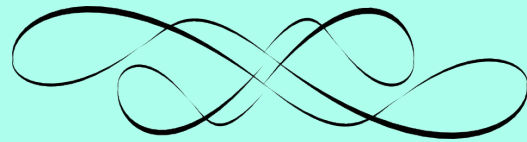
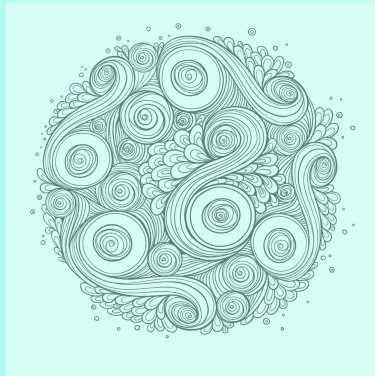


# MENTAL HEALTH MINUTE



BROUGHT TO YOU BY OKEMOS PUBLIC SCHOOLS

# MINDFULNESS



A close-up photograph of a person's hands writing in a notebook. The person is holding a pen in their right hand and resting their left hand on the notebook. The notebook is open, and the pages are slightly yellowed. The background is dark and out of focus. The text "Under Pressure" is written in large, bold, white letters across the middle of the image, and "Mindfulness for Teens" is written in smaller, bold, white letters below it. The website address "www.2bpresent.com" is at the bottom.

# **Under Pressure**

## **Mindfulness for Teens**

[www.2bpresent.com](http://www.2bpresent.com)

MINDFULNESS IS...

PAYING ATTENTION IN A PARTICULAR  
WAY: ON PURPOSE, IN THE PRESENT  
MOMENT, AND NONJUDGMENTALLY

## THE BENEFITS TO MINDFULNESS INCLUDE:

- LOWERS STRESS LEVELS
- REDUCES HARMFUL RUMINATING
- PROTECTS AGAINST ANXIETY & DEPRESSION

WAYS TO BE MINDFUL INCLUDE:

- LISTEN TO A GUIDED MEDITATION
- DO ONE MINUTE OF DEEP BREATHING
- PROGRESSIVE MUSCLE RELAXATION

SCHEDULE AN APPOINTMENT WITH YOUR  
COUNSELOR FOR HELP OR MORE INFORMATION

[WWW.CALENDLY.COM/CORI-AKERS](http://WWW.CALENDLY.COM/CORI-AKERS)

[WWW.CALENDLY.COM/HANNAH-HENRY](http://WWW.CALENDLY.COM/HANNAH-HENRY)

[WWW.CALENDLY.COM/CARRIE-INGLIS](http://WWW.CALENDLY.COM/CARRIE-INGLIS)

[WWW.CALENDLY.COM/HEDLUN-WALTON](http://WWW.CALENDLY.COM/HEDLUN-WALTON)