



## Shri Minds

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### Wellness Newsletter

Namaste Parents! Festive greetings to you and your loved ones. We are assuming that this season was action packed with a lot of events happening around; from exams to festivals to tours and what not. So, now let's take a moment to sit back and relax. Come join us in this edition of Shri Minds, as we take you on a journey of *Mindfulness* because every now and then it is good to take a breath in and let it out...

We will also be discussing about anger specific to children, how to understand it and what to do with it. Along with that we have our usual handy tips to help ace the parenting game. So, without further ado, lets dive right in!

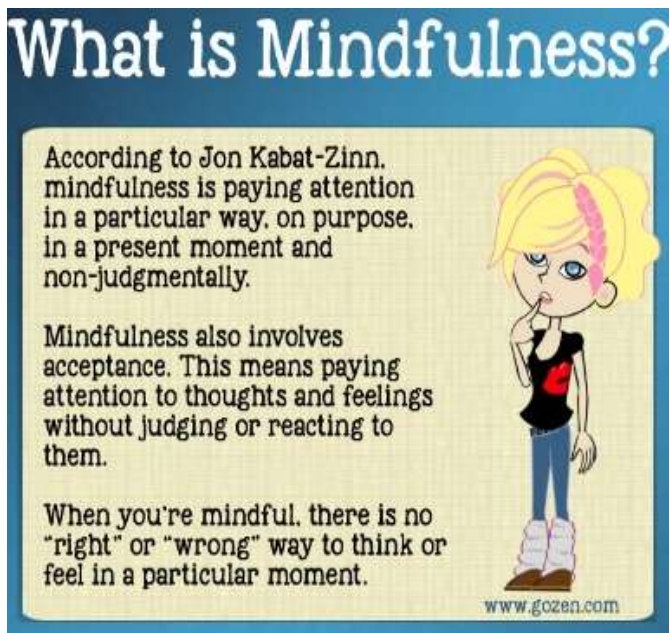


# Mindfulness

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## What is *Mindfulness*???

*Mindfulness* is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or be overwhelmed by what's going on around us. Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful.



The goal of *Mindfulness* is to wake up to the inner workings of our mental, emotional, and physical processes. In a nutshell, *Mindfulness* is a complete and non-judgmental awareness of the present moment.

The good thing about *Mindfulness* is that it leaves no one behind. One can practice *Mindfulness* irrespective of age, physical and mental health conditions: it transcends the barriers of language, culture, gender, and class.

## Why Practice *Mindfulness*?

For some people, *mindfulness* is primarily a way to enhance health or performance. For others, *mindfulness* is a tool for self-exploration. And for yet others, *mindfulness* is part of a spiritual path, a way to develop insight into the human condition and freedom from suffering.

Regardless of the motivation, scientists find that practicing *mindfulness* is associated with changes in the structure and function of the brain as well as changes in our physiological responses to stress, suggesting that this practice has important impacts on our physical and emotional health that are worth exploring. ***Studies show that the benefits of mindfulness may include increased focus, attention, self-control, classroom participation, compassion, improved academic performance, ability to resolve conflict, overall well-being, decreased levels of stress, depression, anxiety, disruptive behavior.***

## Essentials of *Mindfulness*...

*Mindfulness* helps us put some space between ourselves and our reactions, breaking down our conditioned responses. Before we move to actually practicing *mindfulness*, here's how to tune into *mindfulness* throughout the day:

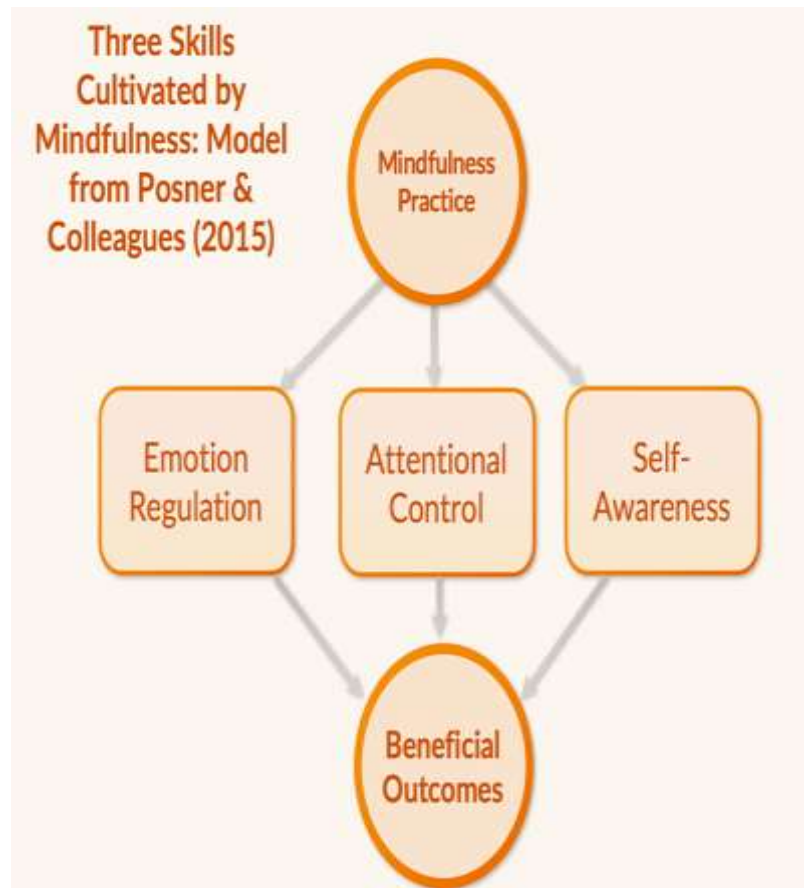
1. Set aside some time. You don't need a meditation cushion or bench, or any sort of special equipment to access your *mindfulness* skills—but you do need to set aside some time and space.
2. Observe the present moment as it is. The aim of *mindfulness* is not quieting the mind or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment. Easier said than done, we know.
3. Let your judgments roll by. When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.
4. Return to observing the present moment as it is. Our minds often get carried away in thought. That's why *mindfulness* is the practice of returning, again and again, to the present moment.
5. Be kind to your wandering mind. Don't judge yourself for whatever thoughts crop up, just

practice recognizing when your mind has wandered off, and gently bring it back.

More than 2,500 years ago the Buddha laid down the 4 Foundations of *mindfulness* which serve as the quintessential guide to moment-to-moment *mindfulness* practice. They are as follows:

1. *Mindfulness* of body, anatomy, and elements
2. *Mindfulness* of Feeling
3. *Mindfulness* of Consciousness
4. *Mindfulness* of Mental Objects

## How to practice *Mindfulness*?



The following exercises can be used to engage in basic *Mindfulness* meditation.

### Exercise 1-

1. Sit on a straight-backed chair or cross-legged on the floor.
2. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
3. Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and your ideas.
4. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

### Exercise 2-

You can make use of simple objects around you (e.g., bell, candle) to assist you with mindful meditation. You begin by closing your eyes and listening for the cue (ring of the bell, flame of candle). When you hear it, your aim is to focus

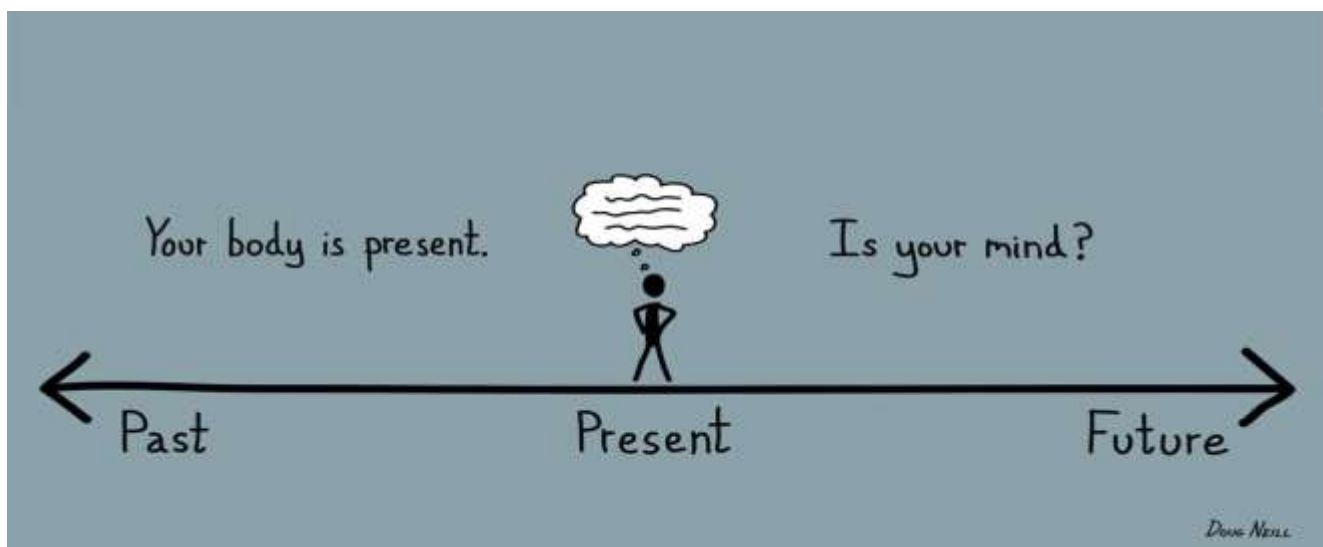
your attention on the sound and continue your concentration until the ringing fades completely. This exercise helps you to keep yourself firmly grounded in the present. The goal is simple: to focus your attention on the sound of the bell.

### Exercise 3-

In this exercise, you can take a few raisins and pretend as if you have never seen a raisin before and pay careful attention to:

- The way the raisin looks.
- How it feels
- How their skin responds to its manipulation
- Its smell.
- Its taste.

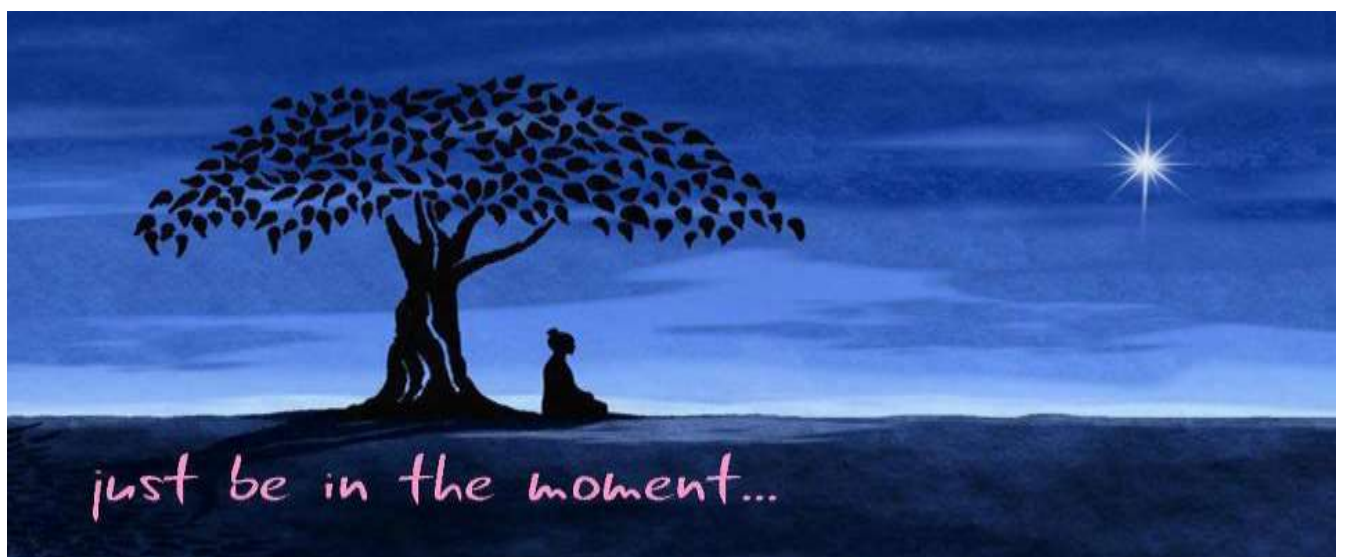
Focusing on the single object i.e., the raisin is meant to bring the participant's mind to the present, to what is right in front of them. Thus, we are unlikely to be expending energy, time, and attention on worrying or ruminating about other parts of our lives.



This is a great introductory exercise for beginners to start practicing *mindfulness* since it can be attempted by anyone with any kind of food (although one with an interesting or unusual texture, smell, or taste is best).

In conclusion, *mindfulness* means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way. *Mindfulness* means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. *Mindfulness* also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a 'right' or 'wrong' way to think or feel in a given moment. When we practice *mindfulness*, our thoughts tune into what we're sensing in the

present moment rather than rehashing the past or imagining the future.



## More Reading

<https://www.mindful.org/what-is-mindfulness/>

<https://en.wikipedia.org/wiki/Mindfulness>

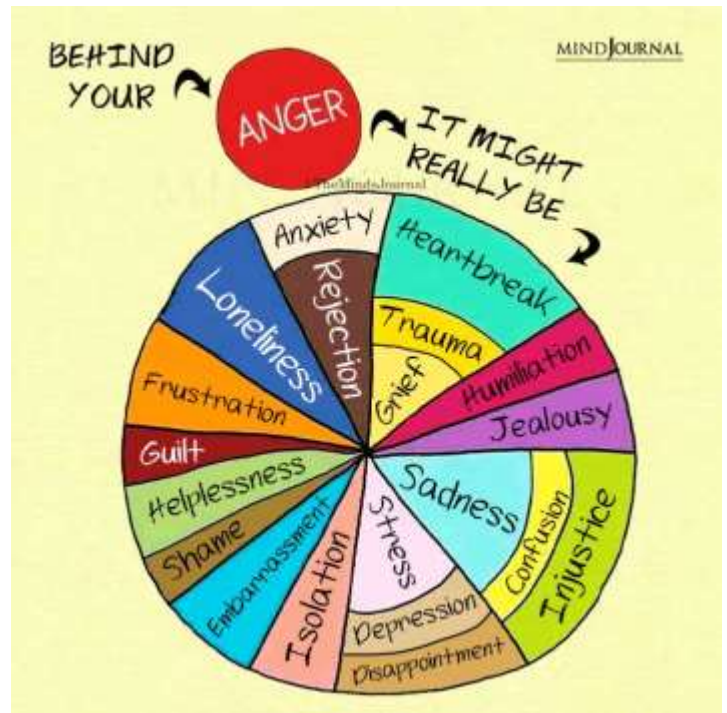
## Anger and Children

Nobody likes to feel angry, but all of us experience the emotion from time to time. Given that many adults find it hard to express anger in ways that are healthy and productive, it's unsurprising that angry feelings often bubble into outbursts for children. As parents you might find yourself wondering what to do about tantrums and angry behavior, and more than a few wonder whether the way the child behaves is normal.

Multiple factors can contribute to a particular child's struggles with anger, irritability, and aggression (behavior that can cause harm to oneself or another). One common trigger is frustration when a child cannot get what he or she wants or is asked to do something that he or she might not feel like doing.

Genetics and other biological factors are thought to play a role in anger/aggression. Environment is a contributor as well. Trauma, family dysfunction and certain parenting

styles (such as harsh and inconsistent punishment) also make it more likely that a child will exhibit anger and/or aggression that interferes with his or her daily life.



### Tips to Manage Anger In Children

- ✓ Using positive self-talk always works
- ✓ Differentiate between feelings and behaviour
- ✓ Reward System /loss of privileges

## 7 TIPS TO REDUCE ANGER AND STRESS

1. Practice Deep Breathing
2. Learn Mindfulness Techniques
3. Get Enough Physical Activity
4. Repeat a Positive Word or Phrase
5. Count Backwards from 100
6. Take a Mental Vacation
7. Prioritize Self-Care

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## How to Manage Your Anger



Identify triggers and warning signs



Talk to somebody



Try breathing or muscle relaxation



Walk or exercise



Step away from the situation



Reframe your thinking



verywell

## Tips to teach Mindfulness

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Don't  
Multitask



Mindful  
Listening



Control  
Feelings



Don't  
Overstress

Be present  
in every  
moment

Be  
Present



Communicate

*"If it's out of your hands, it deserves freedom from your mind too."*

-IVAN NURU

Have something on your mind, share it with us at

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