

May 4, 2020

Hello RP Families!

I hope this letter finds you all safe and well! By now we are all aware that the Governor has issued our state to keep the school buildings closed for the remainder of the 2019-2020 academic year. Over the past 7 weeks we have seen many of you working harder than ever to support your family's safety and wellbeing; we are grateful for your dedication to your children and your own wellness! That is why this month I will focus my supports on Mindfulness!

### **What is Mindfulness?**

1. the quality or state of being conscious or aware of something, without having judgement
2. a mental state achieved by focusing one's awareness on the present moment
3. calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations
4. a therapeutic technique

### **Here are 10 easy ways you can practice mindfulness in your daily life.**

1. Eat mindfully.
2. Walk mindfully.
3. Observe your breathing.
4. Connect with your senses.
5. Pause between action.
6. Listen wholeheartedly.
7. Get lost in the flow of doing things you love.
8. Meditate daily.
9. Travel or mix up your routine.
10. Observe your thoughts and emotions.

### **What are the benefits of mindfulness?**

- help relieve stress
- treat heart disease
- lower blood pressure
- reduce chronic pain
- improve sleep
- alleviate gastrointestinal difficulties

I've attached two short video clips to help explain just how important mindfulness can be to you and your family.

Enjoy and Be well!!!

Wanda O'Connell ; School Counselor

[HTTPS://YOUTU.BE/VZKRYAN44SS](https://youtu.be/VZKRYAN44SS) SHORT VIDEO EXPLAINING WHY WE SHOULD USE MINDFULNESS1

<https://youtu.be/w6T02g5hnT4> ( Parent ONLY/ Adult language)

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<https://youtu.be/w6T02g5hnT4> (Parent ONLY/Adult language)

<https://youtu.be/vzKryaN44ss> Short video explaining why to use mindfulness

[HTTPS://YOUTU.BE/VZKRYAN44SS](https://youtu.be/vzKryaN44ss) SHORT VIDEO EXPLAINING WHY WE SHOULD USE MINDFULNESS2

<https://youtu.be/w6T02g5hnT4> (Parent ONLY/Adult language)