Family Mindfulness

In the modern age, it can be easy to get wrapped up in all the technology that's available to us and forget to be present. Kids especially can rely too heavily on screentime and forget to check in with themselves. Mindfulness is a therapeutic practice used to help you remain in the moment and be aware of the things you're thinking and feeling. It's commonly used to help tackle things such as stress and anxiety. With the holidays coming up, it's a great time to start implementing some mindfulness practices to help reduce your family's stress!

Get Outside

We know that nature is most impactful in a calm space where you can hear the birds chirping. Nature can help reduce anxiety and promote overall wellness. So, if you're feeling overwhelmed, take a walk and enjoy the outdoors. You'll be grateful you did!

Start Small

To begin, just focus on your breathing. Begin with a five second inhale, hold your breath for another five seconds, and then exhale for a final five seconds. Repeat this process multiple times until your breathing regulates. This is a great basic tactic to use when you or your child is feeling stressed or overwhelmed.

Mindfulness is usually most impactful in a calmer space where you can focus on multiple sensations such as touch, smell, and sound. Try taking a short walk outside. Even just going down your street can help, but if you want to go the extra mile, try finding a secluded trail for a family hike or visit your local park.

Get Outside

As you go outside, take in everything around you. What can you see? What can you feel? What can you smell? Try to center yourself in that moment. Closely examine each sensation as you experience it. How do the birds chirping make you feel? What about the crunch of the leaves under your feet or the cold air blowing on your skin? Maybe you smell smoke from a cozy fire at your neighbor's house. What memories do these sensations bring up for you?

Be Present

There are many breathing and mindfulness walkthroughs you can use if you're unsure where to start. Try to find one that features a licensed therapist who can take you through more complex mindfulness exercises. As we head toward the end of the year, try to commit to tackling one new mindfulness practice with your family each week.

Use A Guided Video

In this seminar, we'll discuss how screentime and social media use for children and adolescents can provide benefits but can also present risks. We'll identify the impact of screens and social media in the present day on mental health and wellbeing and will present strategies for managing technology use to maximize the beneficial impact and mitigate potential harm to our youth.

The Impact of increased use of social media and screen time is a growing concern and we have seen a large increase since the COVID-19 pandemic. While the research on the connection between technology, social media, and mental health is not yet comprehensive, there are some things we do know about the impacts of technology and social media on our mental health. We will discuss the research and identify strategies that can be put in place to protect our children.