



# **CONNECTION AWARENESS LIFESTYLE MINDFULNESS**

A 4-session mindfulness-based skill building intervention for the treatment of adolescent depression, anxiety, and related behavioral health concerns. This second series will dive deeper into Mindfulness practices.



## **CALM includes four sessions over six weeks on the following topics:**

1. Review of Mindfulness Practices and Breath Work
2. Mindfulness with Movement
3. Progressive Muscle Relaxation and Visual Imagery
4. Guided Mindfulness of choice and review



Did you know incorporating regular meditation helps to...

- Decrease stress
- Increase energy
- Improve sleep quality
- Increase motivation and productivity
- Lower blood pressure
- Reduce pain

## Breath Work

- Belly Breathing- inhalation and exhalation of breath (nose inhale/pinwheel exhale)
- Breath Ball- breathing tool-free guided apps online, without ball, hand breathing
- Box Breathing or Square Breathing- picture a box with equal sides and count for each side slowly inhaling to 4, hold breath for 4, exhale breath for 4, hold breath for 4 (repeat 3 times)
- 4-7-8 Breathing- empty breath/exhale, slowly breathing in for 4 seconds, holding breath 7 seconds, and letting it out for 8 seconds (used for sleep/anxiety- common in yoga breathing)
- Finger Breathing- hold one hand out, with the other hand, trace each finger up as you breathe in and trace each finger down as you breathe out and finish with 5 deep breaths
- Squishy Ball Breathing- inhalations and exhalations as you squish a ball and let go



Quick tip: practice deep breathing! No matter where you are, you can practice breathing in and out **SLOWLY** to help you relax. Try closing your eyes and count your breaths like this:

*Breathe in...1...2...3...*

*Breathe out...1...2...3...*



**Belly Breathing:** Helps with reducing physical stress symptoms in the body, positively affects emotions and well-being, increases mental clarity, energy, and improves future reactions to stress.

1. Sit or lie in a comfortable position. Either keep your eyes closed or open with a soft gaze looking ahead.
2. Place your hands on your belly and begin by breathing in through your nose, inhaling as you expand your lungs.
3. Exhale and let your breath out slowly while softening your belly.
4. Repeat inhale and exhale for 3 cycles.

inhale  
exhale





**Breath Ball Breathing:** Helps with stress, assists with deep relaxation, and promotes inner calm and quiet.



1. Sit comfortably and begin to breathe in and out.
2. Inhale for 5 seconds as you expand your lungs while the ball gets bigger.
3. Hold breath for 2 seconds,
4. Exhale for 5 seconds and let your breath go as the ball gets smaller.
5. Repeat x3.



**Tips:**

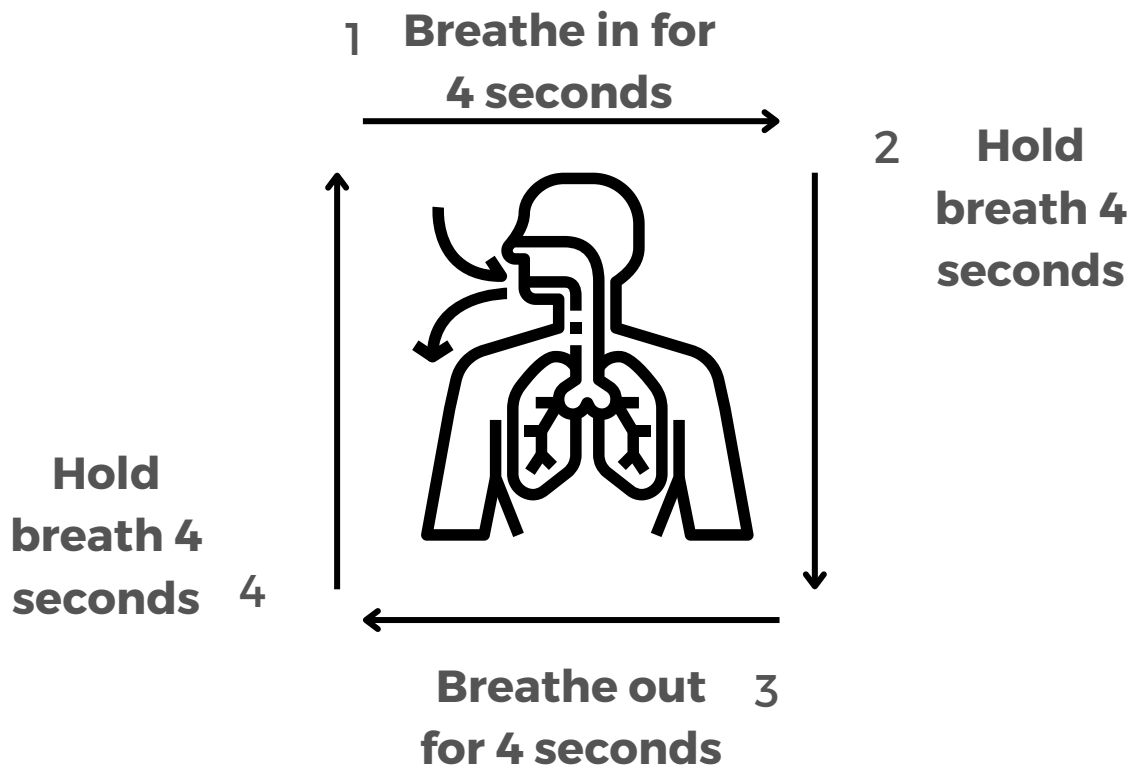
You can google free apps such as: [breathwrk](#) or [breath ball](#),

Breath balls or Hoberman Spheres can be purchased online or in stores.



**Box Breathing:** Helps to reduce physical stress symptoms in the body, positively affects emotions and well-being, increases mental clarity, energy, and improves future reactions to stress.

It is also known to clear the mind, relax the body, and assist with focus and concentration.



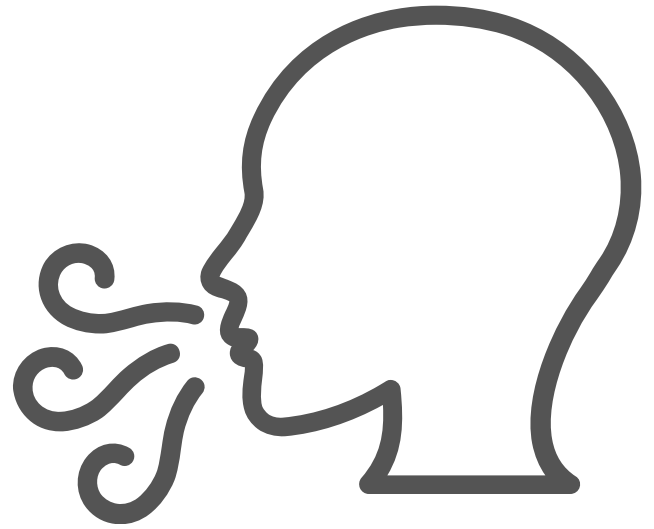
Repeat all 4 steps 3 times.

Box breath a simple yet powerful way to return breathing to its normal rhythm after a stressful moment.



**4-7-8 Breathing:** is a breathing pattern that aims to reduce anxiousness, assist with sleep, and manage cravings.

1. Start with regular breathing for a few cycles, inhale and exhale at your own pace.
2. Begin to breath in for 4 seconds.
3. Hold for 7 seconds.
4. Exhale out 8 seconds.
5. Repeat x 3 times.

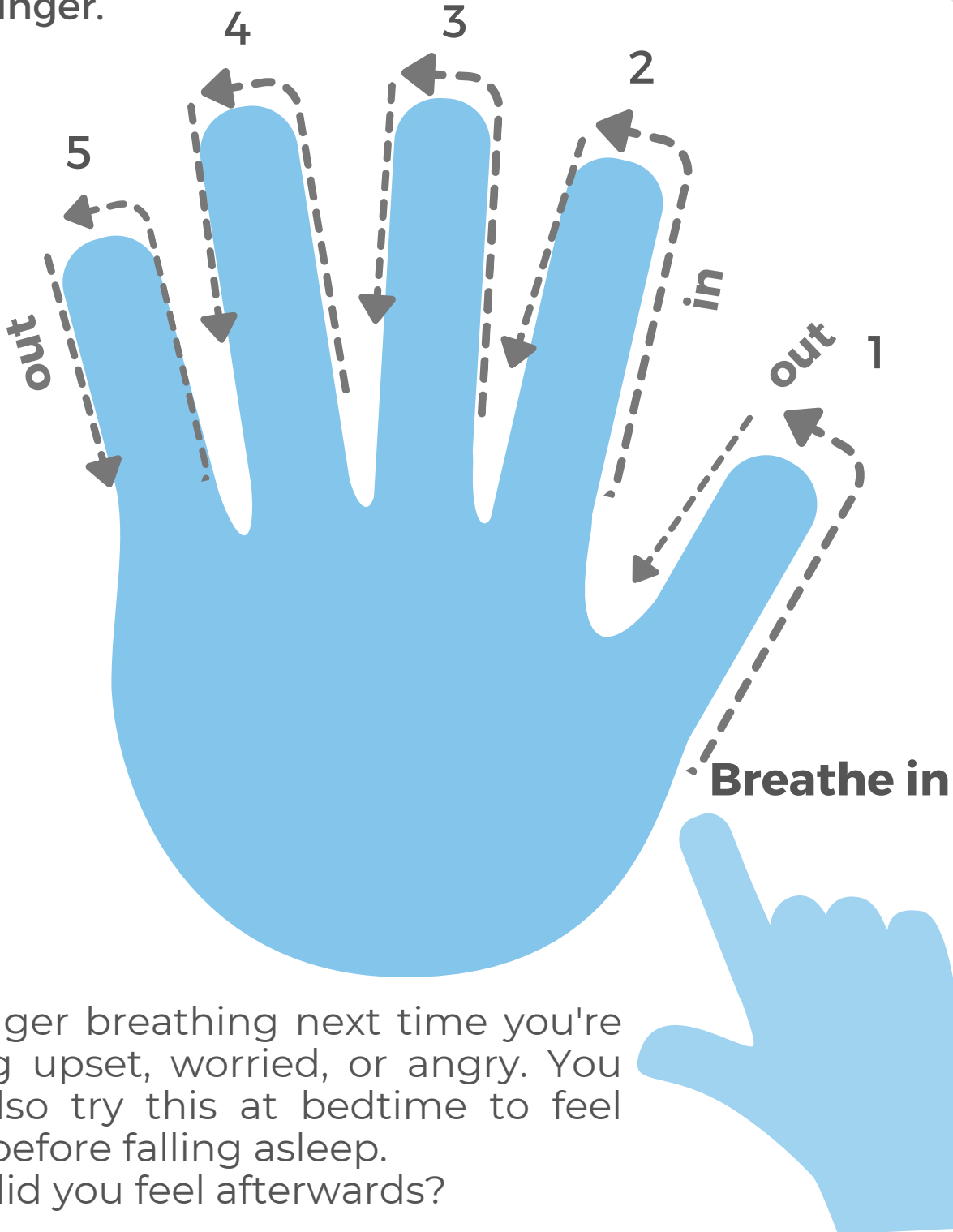


4-7-8 Breathing can help with relaxing before bedtime or is a great way to start out the day.

# MINDFULNESS PRACTICE



**Finger Breathing:** Stretch your hand out like a star. Trace your hand with the opposite pointer finger. Take slow breaths in and out as you trace each finger.



Try finger breathing next time you're feeling upset, worried, or angry. You can also try this at bedtime to feel calm before falling asleep. How did you feel afterwards?





**Squishy Ball Breathing:** assists with times of anger, frustration, sadness, and worry.

1. Sit quietly, for a few minutes while breathing regularly on your own,
2. Begin to inhale as you squeeze the squishy ball counting to 5,
3. Exhale for 5 seconds as you release the squishy ball, returning it to normal shape,
4. Repeat x 3.



Squishy Ball Breathing can be done anywhere. It can help while doing homework, at a doctors office or anywhere you might feel stressed.



## Mindfulness with Movement



**BUTTERFLY**



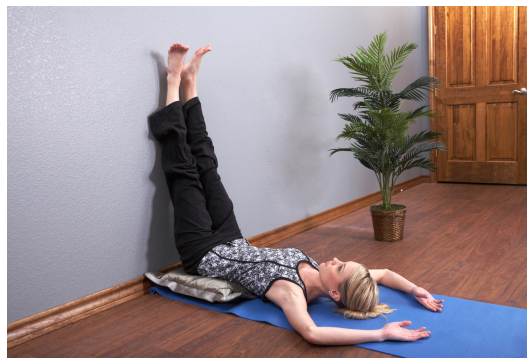
**CHILD'S POSE**



**RESTING POSE**



**RAGDOLL**



**LEGS UP THE WALL**



## Progressive Muscle Relaxation

An exercise that reduces tension and anxiousness in your body by having you slowly tense and then release a muscle group while sitting or lying.

Start by- Breathing in while tightening a muscle group (such as your hands) for 5-10 seconds  
Then breathe out and release the tension in your hands for 10-20 seconds



## Visual Imagery

An exercise that reduces tension and anxiousness in your body by having you imagine a calm and relaxing place while sitting or lying

While sitting or laying quietly, imagine your favorite place to go to, such as Disneyland, the beach or the mountains.  
Think about the sights you see, the sounds you hear and the smells you smell during this daydream state.

