



# CONNECTION AWARENESS LIFESTYLE MINDFULNESS

A 4-session mindfulness-based skill building intervention for the treatment of adolescent depression, anxiety, and related behavioral health concerns.



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

1. CALM and mindfulness overview
2. Savoring activity and S.T.O.P.
3. Three good things and positive affirmations
4. Next steps + Guided Mindfulness practice



## Did you know incorporating regular meditation helps to...

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



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...*

## Find a way that works for you!

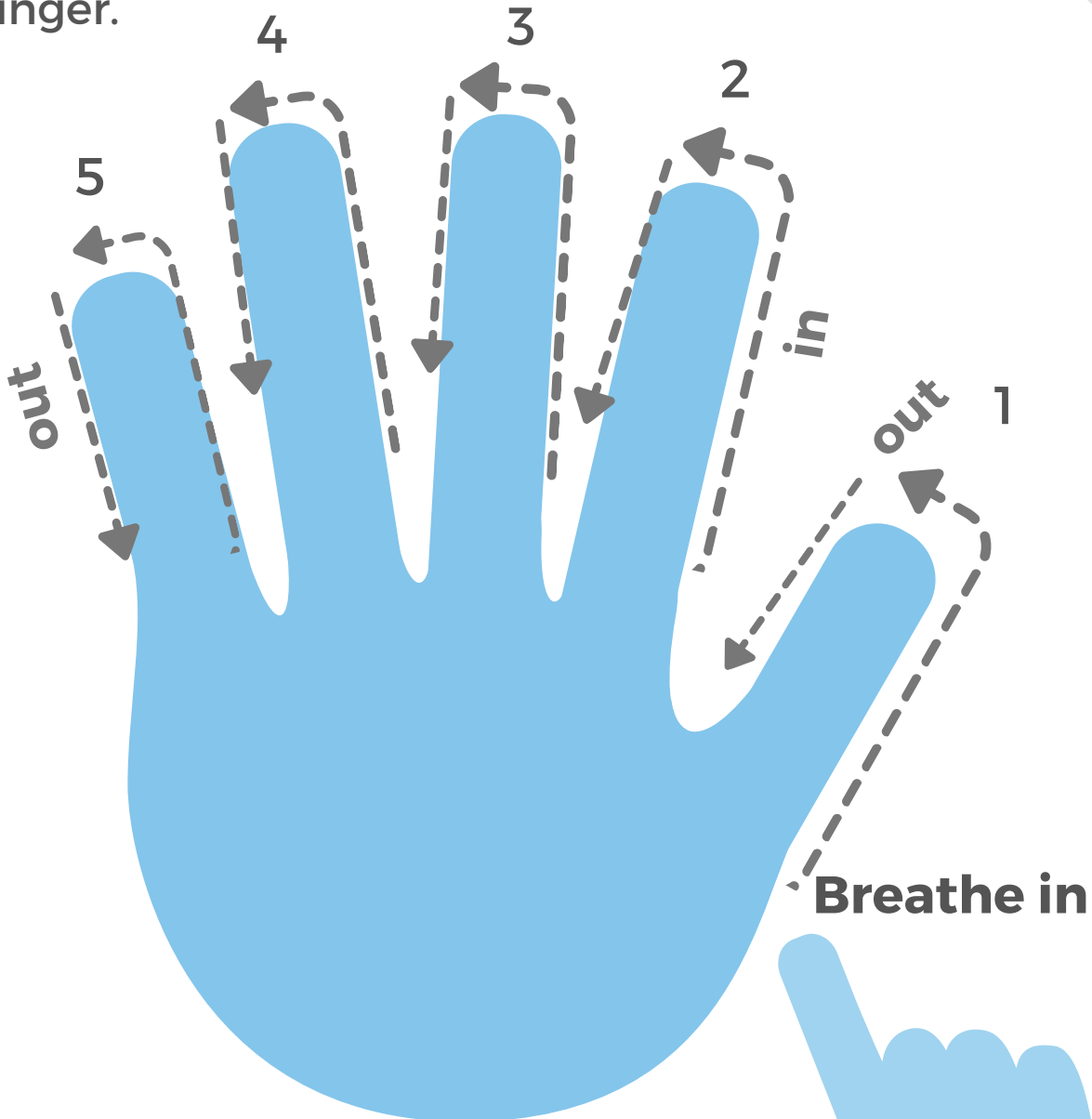
- Put the screen down! Read, listen to music, draw, journal, cook, take a walk, play with your pet, etc.
- Take a few minutes to do something you enjoy- without screen time.
- Deep breathing- focus on your inhales and exhales for a few minutes.
- When your mind starts to wander, bring it back to focusing on your breath.
- Progressive Muscle Relaxation- while sitting or laying down, tense and release different muscle groups. Start at your feet and work your way up to your head.
- Visual imagery- Close your eyes and imagine a calming setting like the beach or woods. Think of the sounds, sights, and smells of that calming place.
- Mindfulness movement.

**Lowering stress can help you focus, sleep better, feel happier, and improve your overall health.**

# 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?



## THE SAVORING ACTIVITY

**Choose a simple food that you can eat one at a time**  
(like a raisin, blueberry, grape). Place a few in a small cup.

**Find a quiet and comfortable place to eat.**

**Observe the food. Notice how it looks. Any nooks and crannies?**

**Pick up the food. Notice how it feels in your hand.**

**Smell the food by bringing it close to your nose and inhaling.**

**Put the food in your mouth. Don't chew yet! What does it feel like on your tongue? Taste the blend of flavors on your tongue. Do you notice your mouth watering?**

**Chew the food slowly.**

**Swallow.**



Reflection:

How did you feel doing this activity?

What do you think is the reason we did this?

How might practicing savoring help you make healthy changes and reach your goals?



## STOP ACTIVITY

S is for STOP. Stop what you are doing for a moment.

T is for TAKE. Take a few finger breaths

O is for Observe. Notice what is happening, as well as your current thoughts, feelings, or emotions.

P is for Proceed. Proceed with something that will support you in the moment. Take a walk or talk to a parent or friend.



**The next time you feel stress, anger, etc. go through this exercise and put STOP into practice.**

1. STOP. Did you stop what you were doing for a moment? What happened?

---

2. Take a moment. Take a few deep breaths.

3. Observe. What did you feel? \_\_\_\_\_

4. Proceed. What did you do? How would you normally respond in this situation?  
How might you change your response in the future?

---

---



## THREE GOOD THINGS

This activity is proven to reduce stress and increase happiness. You also will likely sleep better, have good dreams, and feel an increased sense of well-being and happiness.

Every day for a week think of three good things that happened. Then answer each of these questions in writing.

1. Give a title to what happened
2. List the details of what happened.
3. How did you feel when it happened?
4. How do you feel now?
5. Why do you think the event happened?

## POSITIVE AFFIRMATIONS

Positive affirmations are statements you can write down and repeat that can help to encourage positive changes in your life. Write your positive affirmations on a notecard and leave in a spot you will see them throughout the day like a bathroom mirror.

examples:

- I am great at drawing.
- My brain is powerful.
- I'm great at figuring things out.
- I believe in myself.