

Paying Attention on Purpose

Materials needed from participants: HO, Stone, Raisin or food

With great kindness to each of you!

Sound Meditation

What did you notice? Did your mind wander?

When and **where** and **how often** would you like to practice these meditations? Be creative and realistic:)

Mindful Eating: You will need a healthy fruit such as a raisin, strawberry, piece of orange, ect.

- What was this experience like for you?
- How was it different from how you normally eat?
- What if you paid this much attention in other areas of your life?
- What if you paid attention to yourself and your feelings like this?

The Adolescent Brain and Mindfulness

Cognitive Control System- Prefrontal Cortex	Limbic System- Including Amygdala
Responsible for logical thinking, planning, decision making.	Responsible for your emotions
Finishes developing ages 25-29	Finishes developing by age 14 or 15.
No “brakes” to work with the strong emotional experiences of a teen	Lots of “gas” or strong energy

Mindfulness gives you more *brake* action by learning to pause and calm and go within. That is why *A Moment for Me* meditation is powerful. It uses mindfulness (*name it to tame it* and *feel it to heal it*) and then self compassion to remember that you are NOT alone and that you can be kind to yourself.

- Can you think of a time when your emotions were out of whack in comparison to logical thinking?
- How did this feel to you?

Soles of Feet Informal Meditation

- What did you notice when you anchored your attention in your feet?
- How did it impact your mental and emotional state?

Compassionate Body Scan

- What was this experience like for you?
- What did you notice?

Wandering Mind- Notes

Puppy Mind

Default network

Rumination

Catastrophic thinking

We can reduce anxiety and depression by

Here and Now Stone: Using this as an Anchor

Home Practice

- Compassionate Body Scan
- Soles of Feet

- Here and Now Stone- anchor

Commit to a practice today!

- When
- Where
- What will you listen to?

Closing: Share what you will take with you from this session.