

# Mind Full or Mindful - Teenager?

Do you sometimes find it hard to stay calm?

In the race to get everything done, have you ever found it difficult to be with your school friends, sporting mates, family without thinking about the next thing you have to do at school?

If the answer is yes – relax you are completely normal! Being a mindful teenager does not always come easily. It takes practice but it is worth it in the end.

Being mindful helps us all stay calm.



When we are in a calm state, not only are we happier, we also respond to our homework in a logical and rational way rather than react in a negative behaviour. This reduces the frustration and stress we can experience as teenagers. Teenagers who practise being mindful say it increases their satisfaction and encourages more fun and positive experiences with their friends and family.

Here are some easy ways to practice mindfulness

**STOP:** what you are doing

**PAUSE:** take three slow breaths

**LISTEN:** [SMILING MIND](#) is a free online meditation program. The program is also available for download as an APP to your phone and offers 5, 10 and 15 minute guided meditation commentaries. Pop your ear phones in and take five minutes out for yourself.

Did you know that a local organisation called Peninsula Mindfulness and Meditation is working in partnership with selected primary and secondary school settings in our area? This is great news for school communities as students and teachers develop a calm and reflective approach to learning. For further information, check out <http://peninsulamindfulness.vpweb.com.au/>.



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