



# MEDITATION BENEFITS

FOR PRETEENS AND TEENS

BALANCE AND FLOW 4LIFE

# MEDITATION FOR PRETEEN/TEENS

The teenage years are some of the most stressful and confusing times of our lives. There are so many factors contributing to the way you feel from your school environment, friendships, family life, to the biological changes going on in your bodies.

Learning to manage these stressors and find balance can be extremely difficult, for both you and your parents.

Through meditation and practicing mindfulness, you will feel more relaxed confident and able to deal with lots of different situations, Including stress and anxiety.



# BENEFITS

▶ ***Improves concentration***

Meditation can actually improve how quickly and clearly brain cells communicate with one another and can improve how well teens perform in busy, noisy environments. This can be a huge benefit for studying, especially at exam time.

▶ ***Improves immune system***

Quieting of the mind, deep breathing and positive visualization has been shown to improve the immune system. It is found that teens who meditate shortened their colds by 50% over those who did not meditate.

▶ ***Reduces stress and anxiety***

This is definitely one of the major benefits for teenagers. Even small things seem huge to teenagers and teaching them to let go and focus can be extremely helpful.

# BENEFITS

▶ **Improves self-acceptance**

Meditation can help teens to form a closer and healthier connection with themselves which can make accepting oneself much easier. This in turn can lead to a more centred, happier teen.

▶ **Improves self-awareness**

The self-awareness that is developed through meditation can be very helpful to teenagers, it can help teenagers see themselves as they really are, and not compare themselves to their peers. This is a key factor in building resilience, self-confidence and self-esteem.

**Improves sleep**

Teenagers need sleep and lots of it. However the reality is many teens are staying up later and having more difficulty getting to sleep. The mindfulness and calmness meditation promotes can not only help teenagers to quiet their minds at night, it can also help them to get deeper, more restful sleep when they actually do sleep.

# MINDFULNESS

- ▶ Mindfulness is a powerful way to handle stress, and live life more fully.
- ▶ Mindfulness is all about living fully in the present moment, without judgment, and with an attitude of kindness.
- ▶ It's about breathing, noticing what's happening right here and now, sending a gentle smile to whatever you're experiencing in this moment (whether it's easy or difficult), and then letting it go.
- ▶ You can be mindful anytime, anywhere, no matter what you're doing. It sounds simple, but it's not always easy to do, especially when you are stressed!

# Try some mindful breathing....

- 1) Sit down, take a breath and close your eyes.
- 2) Allow your attention to focus on your breath. Let your shoulders drop; take another breath.
- 3) Watch your breath as it moves in and out of your upper body and stomach ... in and out ... in and out. Notice if your breathing is tight or free ... just notice, and continue to breathe. Try to maintain your focus on the breath for a few minutes and allow yourself to become familiar with how this feels.
- 4) After a while of doing this your mind may begin to wander - away from the focus on the breath, and hence away from the present moment. If this happen, just notice that your mind has been distracted and bring it back to your breathing.
- 5) When you wish to finish gently open your eyes, take a breath, and check on how you feel – It is good to start with 5 minutes and work your way up to 20 minutes