

Welcome to the Mindfulness Center



Hamilton High School
Social Work Team





What is Mindfulness?

- * Mindfulness involves being aware of our **thoughts, emotions,** and *why we do what we do.*
- * It means being in the moment and paying attention to what is happening in the '*here and now*' with openness and curiosity, instead of focusing on our past memories or future predictions.
- * Mindfulness involves acceptance of our feelings in a non-judgmental way.



Common Teen Issues

- * Responsibilities related to school, college applications, and extracurricular activities
- * Expectations from parents, teachers, coaches, and peers.
- * Emotional break-ups, conflicts with friends, and other stressful social situations
- * Mental health conditions such as: depression, anxiety, and other mood disorders



Benefits of Mindfulness

- * Increase focus/concentration in school and other activities
- * Improve mental health and wellbeing
- * Develop insight and self awareness
- * Build healthier relationships (improve social skills)
- * Help regulate emotions (reduce impulsive behaviors)
- * Increase feelings of empathy (imagining others experiences)
- * Create **HAPPINESS!!**



Mindfulness Center Details

- * **Who:** Open to all Hamilton Students!
 - * Up-to 20 students can attend during each lunch period once a week.
- * **What:** Learn and practice Meditation, Yoga, and other relaxation techniques.
- * **When:**
 - * **A Lunch: 10 – 10:20am**
 - * **B Lunch: 10:58 – 11:18am**
 - * **C Lunch: 11:57 – 12:17pm**
- * **Where:** Room E223
- * **Facilitators:** Social Workers, Mrs. Rastogi, Ms. Julianne and ASU SW Intern, Mrs. Shelley.

Sign up sheets will be available outside Room E223 every morning

