

Name _____

Can Mindfulness Help Me When I'm Feeling Stressed or Anxious?

Short Answer

1. How did Max's teacher introduce the class to mindfulness?
2. How does mindfulness teach you to deal with anxious thoughts and feelings?
3. Explain the "Deep Breathing" mindfulness technique.
4. What is the purpose of a "Body Scan" during mindfulness practice?
5. How can "Mindful Journaling" help with stress and anxiety?

