

Name _____

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

Short Answer Key

1. Max's teacher introduced the class to mindfulness by having them sit in a circle, close their eyes, and focus on their breath for a few minutes.
2. Mindfulness teaches you to deal with anxious thoughts and feelings by acknowledging and observing them without judgment, which can make them feel less overwhelming.
3. The "Deep Breathing" mindfulness technique involves finding a quiet place, sitting or lying down, and taking slow, deep breaths while focusing on the sensation of the breath entering and leaving the body.
4. The purpose of a "Body Scan" during mindfulness practice is to mentally scan your body, one part at a time, and notice any tension or discomfort. It allows you to send your breath to those areas, helping them relax.
5. "Mindful Journaling" can help with stress and anxiety by allowing you to write down your thoughts and feelings in a journal, gain clarity, and release thoughts that are causing stress or anxiety.

