

# March Mindfulness

In our day to day lives the concept of mindfulness is one we hear about frequently. It is touted by wellness experts from all fields as a way to improve our physical, mental, and emotional health, but what does mindfulness really mean? How exactly can you start reaping the benefits personally, and as a parent?

Seasonal changes are not only a perfect time to make changes to our daily habits. They are also a perfect time to **notice**. There is so much to notice about the transition to spring. The smells, sights and sounds of nature change dramatically as the days get longer and warmer. During mindfulness practice, you will allow yourself to quiet your mind and notice the details of your life experience that you do not perceive when you are occupied with all of the details of what you need to **do**. Mindfulness is about simply **being**.

Try this:

- Go outside
- Try sitting or lying down
- Decide on one of your senses to focus on
- Using sound as an example (my favorite), allow yourself to notice all the sounds around you. What do you hear?
- It is very common to get distracted by thoughts of other things. When this happens, just remind yourself to listen
- Take your time. The longer you stay, the more you will be able to let go of your stressors and enjoy the connection you feel



Give yourself the grace to practice mindfulness on your own, in addition to sharing it with your children. Listening to your child describe their experience of the world can be magical, but the benefits you get from the time spent together will be different from the time spent on your own.

