

Dear Families/Caregivers,

Mindfulness is the awareness and acceptance of the present moment. Developing a practice of mindfulness nurtures a sense of quiet inner peace, improves one's ability to learn, and promotes deeper and more meaningful relationships. Studies show that a practice of mindfulness helps students focus better, leading to increased learning, improved mental health and wellbeing, and better decision-making and social skills.

In this lesson students learned to practice mindfulness by examining a situation from another perspective. We tend to see things from our perspectives and allow our emotions to surface. This kind of thinking can cause anger, stress, and anxiety, but being aware of our emotions and being able to step back and see things from a different perspective can help.

Some ways to SEE a stressful situation from a new perspective include:

**Step back and look at the situation from a new perspective.**

**Examine what is happening.**

**Evaluate your emotions.**

When your teen can step back, examine the situation, and evaluate his or her emotions, your teen can better manage his or her emotions when things don't seem to be going his or her way.

Developing a practice of mindfulness will make a difference in the way your teen sees life and help him or her feel happier and more relaxed.