



OTTAWA-CARLETON  
DISTRICT SCHOOL BOARD



# MINDFULNESS

## What is mindfulness?

Mindfulness is the practice of being in the here and now, by bringing awareness to what is happening inside our bodies and around us. It teaches us to slow down, to notice what we're thinking and feeling without judgement, so we can treat ourselves with compassion and kindness.

## Benefits of mindfulness:

- Less stress and worry better ability to stay calm,
- Better ability to stay calm
- Better memory
- Improved ability to focus, be creative, and solve problems More satisfaction with relationships

5 - 4 - 3 - 2 - 1

## GROUNDING TECHNIQUE

A Calming technique that connects you with the present by exploring the five senses.



5

things you  
can see



4

things you  
can touch



3

things you  
can hear



2

things you  
can smell



1

things you  
can taste