



THE POWER OF MEDITATION

Stigma is a mark of disgrace or shame that sets people—individuals or groups—apart from others. Today your child learned about the idea of stigma and that there is often stigma about stress, anxiety, depression or other mental health conditions. This can sometimes spread to there being stigma about the positive things people do to take care of their mental health, such as meditate. Although some people think it's silly or weird, meditation is great for overall health, and can help with many things beyond just promoting mental wellness, including doing well in school, sports and music. Your child had a chance today to try out meditation and see for themselves what it's all about!

AT HOME ACTIVITY

The Change to Chill website from Allina Health is full of great information for young people and families about reducing and dealing with stress, and promoting mental well-being. There is even a whole section of guided meditation. Together as a family, check it out and try a couple of the activities at <http://www.changetochill.org/how-can-i/meditate/>



HEALTHY ACTIVE LIVING

Walking Meditation

Meditation isn't necessarily about being still. For some people movement is helpful for becoming more aware of their bodies and minds, as well as the present moment.

Take 10-20 minutes of time to practice a walking meditation. Go for a relaxing walk and pay attention to all five of your senses as you move. Notice how your body moves in space and try to stay in the present with each moment.