

Mindfulness Meditation & Gratitude

Mindfulness meditation and gratitude can have a HUGE *Positive Impact* on levels of worry and stress.

The practice of mindfulness meditation can **rewire our brains for happiness**.

Creating *calmer breathing*, muscle relaxation and *peaceful sleeping habits*.

Something as simple as **gratitude** has been shown to **reduce toxic emotions** like envy, resentment, frustration and regret.

Research also confirms that **gratitude** actually **reduces depression and aggression**, at the same time as *Increasing Happiness and Empathy*.

Make these part of your bedtime routine each night


















- **Write down** in a diary, or talk about
 - o 3 things you are grateful for
 - o 3 things that made you smile today
 - o 3 things that made you proud of yourself today
- **Practice** a mindfulness meditation exercise




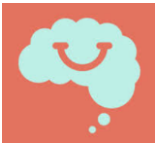

Mindfulness Meditation Apps for You...

Everyone is different, mindfulness meditation is very personal experience. I have found the best thing is to keep trying new meditations until you find the voice, music, guided exercise you like...

Have fun with it 😊

HELPFUL RESOURCES – Mindfulness Meditation Apps for You ...

	<p>Insight Timer: This is an <i>Awesome Free app!</i></p> <p>It can be a bit hard to know where to start, so below are the favourite mindful meditations for my girls, to help you</p> <p>Get the Insight Timer - Meditation App</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p> 30 Minute Meditative State 31 min ★ 4.7 Chris Collins • Music</p> <p> The Healing Pool 1 hr ★ 4.7 BrainwaveHub</p> <p> Help Kids Sleep Meditation 20 min ★ 4.6 Julie Lewin • Kids</p> <p> Guided Meditation for Deep Sleep 27 min ★ 4.5 Cory Cochiolo</p> <p> Children's Guided Meditation for Deep Sleep 21 min ★ 4.6 Cory Cochiolo • Kids</p> <p> Caterpillar Ticks and Sweet Dreams 19 min ★ 4.6 Cory Cochiolo • Kids</p> <p> Children's Sweet Dreams Meditation 15 min ★ 4.6 Cory Cochiolo • Kids</p> <p> Gratitude Meditation 14 min ★ 4.5 Sarah McLean</p> </div> <div style="width: 50%;"> <p> Kids Meditation Story: Billy & Zac the Cat Go to Space 17 min ★ 4.6 Sleep Ezy Tonight • Kids</p> <p> Peaceful Kids Guided Relaxation 6 min ★ 4.6 Mellisa Dormoy • Kids</p> <p> Kids Sleep Fun 16 min ★ 4.5 Lisa Hubler • Kids</p> <p> Body Scan for Kids 12 min ★ 4.5 Mark Bertin • Kids</p> <p> Deep Trance Sleep Healing 1 hr ★ 4.6 Lisa Hubler</p> <p> Whispering Notes 1 hr 9 min ★ 4.8 Pablo Arellano</p> <p> Expanding Love Guided Meditation 9 min ★ 4.4 Natalie Eve Marquis</p> </div> </div>
	<p>Headspace</p> <p>Guided meditations and mindfulness techniques that bring calm and balance to your life in just a few minutes a day.</p> <p>Get the App</p>



	<p>Breathe App from Reachout.com</p> <p>Awesome visual cues and direction to help you calm down. This is so good and easy too!</p> <p>Get the App</p>
	<p>Stop, Breathe, Think App</p> <p>Allows you to check in with your emotions, meditate and breathe, based on your mood.</p> <p>Get the App</p>
	<p>Calm App</p> <p>It has visual breathing exercises and calming sounds to help you relax.</p> <p>Get the App</p>
	<p>Smiling Mind</p> <p>These programs are designed to help you deal with the stresses of daily life.</p> <p>Get the App</p>
	<p>Children's Meditations</p> <p>This app has meditations for children of all ages and covers a range of themes to help you to sleep soundly at night, to feel more confident at school and with your friends, and to feel happier and more positive.</p> <p>Get the App</p>

HELPFUL RESOURCES – Mindfulness Meditation Face to Face Programs...

My daughter and I haven't attended either of the below mindfulness meditation courses as yet.

Both the websites are great and the programs look professional, well researched and fun. Something else on our list to try 😊

Let me know if you have any personal feedback, *I'd love to hear from you!*

	<p>Peaceful Kids</p> <p>Mindfulness Meditation programs for children that run throughout Australia both privately and within schools.</p> <p>Learn More</p>
	<p>My Peaceful Universe</p> <p>Mindfulness and Meditation have emerged as a fun and positive way to teach children resilience, awareness and self-belief, as well as a way to overcome a range of emotional challenges in their busy lives.</p> <p>Learn More</p>