

Amanda Dounis



A BUNCH OF TIPS AND TRICKS

FOR KIDS, TWEENS AND TEENS TO USE

And guess what... Adults too.

A little bit about me

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Change the channel

- ▶ What channel are you watching inside your mind?
- ▶ Is it happy?
- ▶ Is it worry?
- ▶ Is it sad? Or.
- ▶ Is it an exciting channel?
- ▶ If it doesn't feel good to watch that channel, pretend to use a remote control that you create inside your mind.
- ▶ Change the channel.
- ▶ So if you are watching your worry channel, change it to your calm channel.
- ▶ If you are watching your sad channel, change it to your happy channel.
- ▶ Make your own remote control...



Mental rehearsal

- ▶ Lets say there is something you need to do...
- ▶ Close your eyes and imagine yourself doing what you need to do in your mind.
- ▶ Create a picture of what you need to do to succeed.
- ▶ Imagine the wonderful feeling you will get as you are doing it.
- ▶ See yourself inside your mind doing a great job...
- ▶ If you like, draw, sketch or create a symbol to represent your great job. Connect a feeling with it. Use it when you need it...
- ▶ Well done.



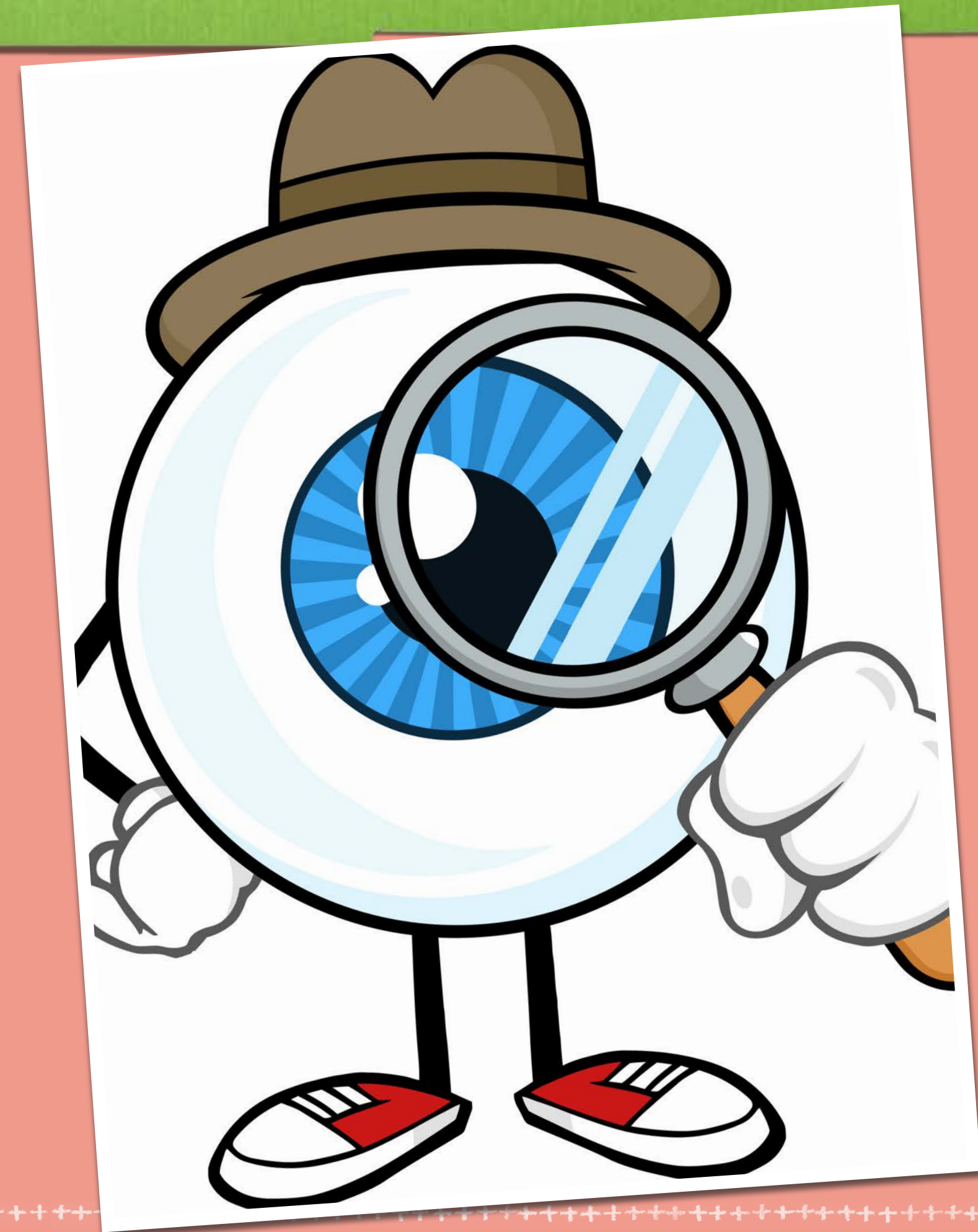
My inner voice

- ▶ You are in charge of how you speak to yourself.
- ▶ Choose the words you wish to hear.....make a good choice each time.
- ▶ You can also say it out loud:
- ▶ I am good enough
- ▶ I believe in myself
- ▶ I am kind
- ▶ I am considerate
- ▶ I am brave
- ▶ I am comfortable learning from mistakes
- ▶ I do my best, I don't need to be "the" best
- ▶ I am calm..... And continue..



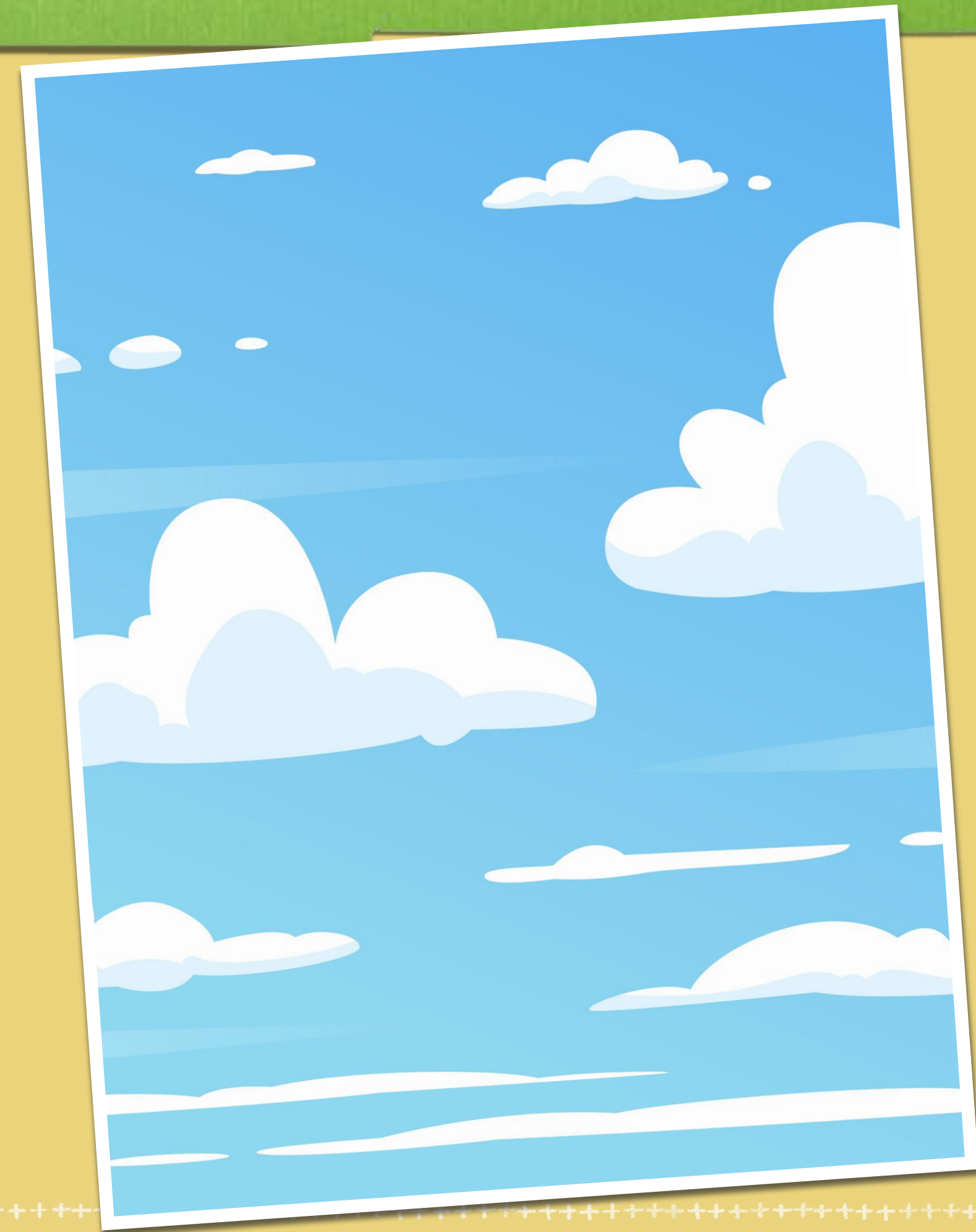
Be a detective

- ▶ Put on your imaginary detectives hat.
- ▶ Only you know what it looks like. I imagine its a cool hat.
- ▶ Take a deep breath in and invite the feeling of being a detective.
- ▶ Look in front of you and tell yourself what you see there.
- ▶ Now look beside you and tell yourself what you see there.
- ▶ Look above you and tell yourself what you see...
- ▶ Did you notice anything you had not seen before?
- ▶ Did you also notice that you were focused and attentive on the task? Thats a nice example of mindfulness.



The beauty of clouds passing by

- ▶ To clear your mind, take some refreshing breaths
- ▶ Bring your thoughts to your awareness.
- ▶ And just watch them like you watch the clouds in the sky
- ▶ Instead of clinging to them, just let them float by....
- ▶ Feel the freedom.



Open yourself up to connections

- ▶ When you judge others,
- ▶ Notice what your body does
- ▶ Does it close up?
- ▶ Try this next time you notice you are judging someone...
- ▶ Stand still, scan your body head to toe.
- ▶ Take a deep breath in and open up your chest and stretch out your back.
- ▶ Take a nice long breath out.
- ▶ Then you are ready to open up your heart and connect with that person.
- ▶ Notice the feeling is more pleasant.



When you are feeling grumpy

- ▶ The first thing I want you to do is notice when you are in a grumpy mood.
- ▶ Its just a mood. Change it. You can change if you decide to.
- ▶ When you feel grumpy, swing your arms.
- ▶ Focus your attention and breathe into the grumpy space.
- ▶ As you do this, use your powerful imagination to melt the grumpiness away.
- ▶ You can now pour happiness into all the cranky parts.
- ▶ Take charge of the feelings that speak into you body.



Let thoughts slide.

- ▶ How about you try this....
- ▶ Imagine a time when a negative thought got stuck in your mind.
- ▶ Take 2 steps to the right and clap your hands twice.
- ▶ Now take 2 steps to the left and clap your hand twice again.
- ▶ And just like you are sliding from left to right and back again, also let that thought slide.
- ▶ Dont let it stick to one spot in your mind.
- ▶ In fact let it slide out, and replace it with a new thought instead.



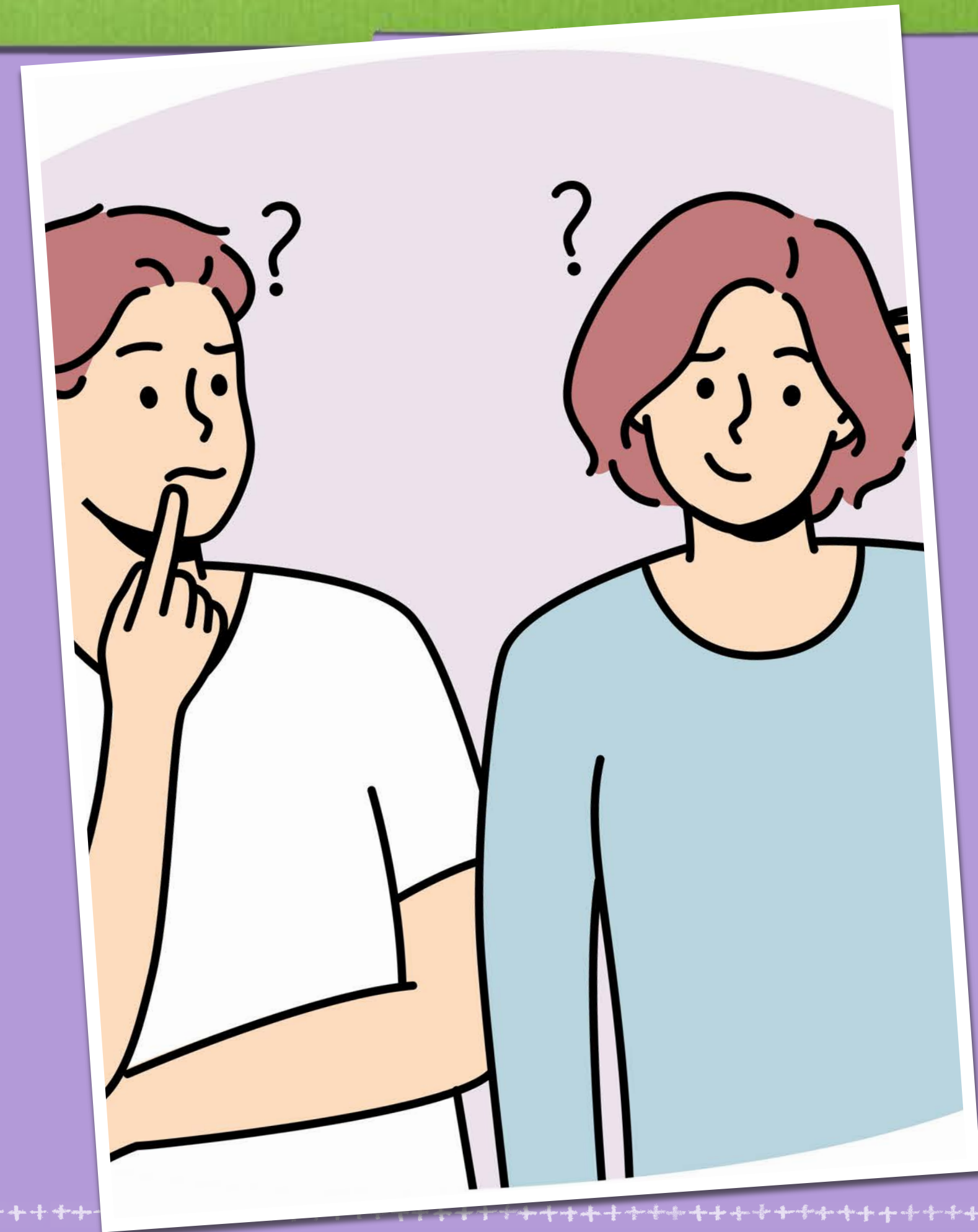
A challenge: Do nothing

- ▶ Lay down wherever you choose (grass, sand, floor, mat, bed...)
- ▶ Relax all of you body.
- ▶ Let it become floppy.
- ▶ All the muscles relaxing and soft like jelly.
- ▶ Let your body rest.
- ▶ Focus on the air coming in and out of your nose.
- ▶ Notice your thoughts, let them pass
- ▶ And do nothing.
- ▶ Thats right, ... do nothing.



Making a decision

- ▶ Sometimes you may feel confused.
- ▶ Instead of getting stuck there, choose a direction.
- ▶ When you are confused, start with a belly breath.
- ▶ Let your belly stretch out when you breath in.
- ▶ Draw it back in when you breathe out.
- ▶ As you continue to breath,
- ▶ Place your left hand on your belly and put your right hand over your left hand.
- ▶ Press your thumbs together.
- ▶ Take a pause. Let your body give you a sense of which direction to take. Make a decision and take that action.
- ▶ It may not always be the correct one. But even then, it was worth getting unstuck and making some movement.



Sense the outdoors

- ▶ Let your imagination take you outdoors.
- ▶ Imagine the sounds you would hear at the place you are imagining.
- ▶ You might hear birds, leaves, the breeze, the ocean, the sea and
- ▶ Imagine smelling the grass, the bark, the flowers, and
- ▶ See what's new. New plants blooming? And
- ▶ Give thanks to the earth for the exciting opportunities and gifts it offers.



Catching the fear

- ▶ Stand with your feet on the ground.
- ▶ Close your mouth. Soften your face.
- ▶ Breathe in as you count to 4.
- ▶ When you breathe out hum a soft tune to yourself.
- ▶ Let your body sway or rock gently, and keep breathing.
- ▶ Catch the fear before it spills into you.
- ▶ Then blow it away with a big strong breath.



7/11 breath

- ▶ Breathe in for a count of 7.
- ▶ Use your fingers to guide your counting.
- ▶ Breathe out for a count of 11.
- ▶ Use your fingers again to guide you.
- ▶ Repeat it several times.



Dont just do something...

- ▶ Sit there, doing nothing for one full minute.
- ▶ What a challenge ... yes?



Inside the smile

- ▶ Close your eyes.
- ▶ Put a gentle smile on your face.
- ▶ Notice and pay attention to what a smile is like from the inside.
- ▶ See your smile from within your face and inside your feelings.



Gratitude mantra

- ▶ Bring to your mind something that you are grateful for.
- ▶ Silently repeat this while keeping the image in your mind.
- ▶ How do you feel?
- ▶ Add a smile.



Offer kind wishes

- ▶ Make a kind wish for someone that you care about.
- ▶ Make a kind wish for yourself.
- ▶ Make a kind wish for someone you don't really know.
- ▶ Make a kind wish for someone who bothers you....



S.T.O.P.

- ▶ Stop what you're doing.
- ▶ Take a deep breath.
- ▶ Observe your inner and outer worlds: become aware of what's happening inside of your mind and your body. And notice what's happening on the outside of you.
- ▶ Then, if there is not action you need to take, just continue with your day.



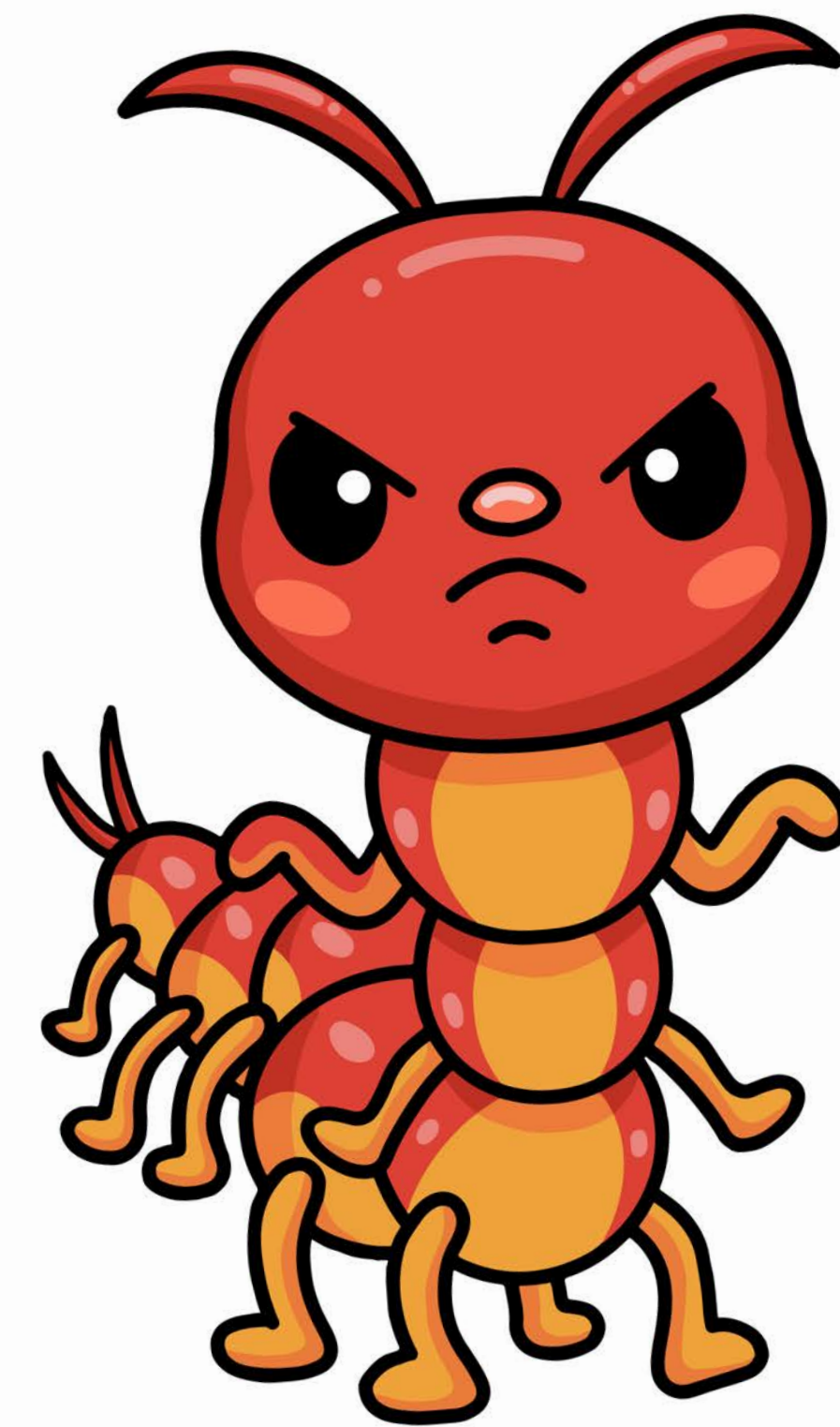
Compassion hug

- ▶ Stretch your arms out wide as you breathe in.
- ▶ Imagine you are hugging the world.
- ▶ Now hold your arms across your shoulders as you breathe out.
- ▶ And hug yourself.



Coping with anger

- ▶ Here is a tip to calm yourself when you feel really angry.
- ▶ You can quietly say:
- ▶ “My anger is worthy, and I am ok. Experiencing anger as an emotion is part of being human”
- ▶ Repeat this several times. Each time you repeat feel yourself getting calmer.
- ▶ Remember you get to decide how to respond.
- ▶ Practice your ideal responses.
- ▶ You might practice ways that suit you to find your calm again.



One of my best teachers is Nature

- ▶ Nature teaches us to be open and mindful.
- ▶ Take a look outside.
- ▶ Find as many examples of nature as you can.
- ▶ Set a time limit of 5 minutes.
- ▶ Write it all down any way you wish.
- ▶ From rocks to dirt to leaves to twigs to trees and more.
- ▶ Then think about the impact nature can have on you, how you think and how you feel.



A brand new view on anxiety and stress

- ▶ Did you know that anxiety, excitement, worry and stress can all feel the same way inside your body? Yes its true.
- ▶ When this happens try speaking kindly to yourself....
- ▶ Can you remember a time when your felt nervous and things went well?



Become your very own best friend

- ▶ When things are going on in your mind and it does not feel so great, you can offer yourself some kindness. The same way your best friend would be kind to you. And the same way you would be kind for someone else.
- ▶ Imagine what ever it is that you would like to hear in that moment, and quietly say it to yourself.
- ▶ It's ok if you don't really believe it. Your BFF still knows what you need to hear.

best
FRIENDS
forever!

The colour of calm

- ▶ What is a calm happy colour for you?
- ▶ Can you see anything that colour now?
- ▶ Imagine your mind filling up with that colour. Ask your brain to remember it.
- ▶ Visit that colour next time you want to feel calm.



My special place

- ▶ Do you have a special place?
- ▶ A tree house, a garden, a beach, your room, ??
- ▶ Describe it in your mind. See all the details.
- ▶ You can describe it or you can draw it.
- ▶ Make sure you include all the special details.
- ▶ It can be real or imaginary or a combination of both.
- ▶ Notice how it makes you feel.
- ▶ Visit this place inside your mind anytime you want to have this feeling or to distract you from something unhelpful.



The amazing remote control

- ▶ Imagine you have a remote control for your brain and body.
- ▶ Turn up the comfort level when you need to.
- ▶ Turn down the volume when you need to.
- ▶ Everyones remote control can be a little different.
- ▶ Create the buttons on your remote to make it useful for you.
- ▶ Have a button for your special place so that when you press it, your mind visits it.
- ▶ Have a button for sleep so that when you press it you get to unwind and relax into a sleep.
- ▶ What else is on your remote control?
- ▶ Affirmations?
- ▶ Breathing?
- ▶ Gratitude moment?
- ▶ Giggle time?
- ▶ ... you can have as many buttons as you like.



If you want more

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