



# How Does Your Body Respond to Stress? What Helps You Feel Calm?

*Self-Discovery*

**How does my body  
(and my child's) respond to  
stress and conflict?**



**What activities or sensory  
experiences calm me  
(and my child)?**



# Mindful Activities

*Self-Care Practice for the Family*

## Mindful Breathing, Sensory Awareness and Physical Activity

*These tools will help you and your children release stress and tension.*

### Mindful Breathing

Take a few moments out of your day to notice your breath. You can do it upon waking or take a moment to step out of your daily activities and focus on your breath. The purpose of this exercise is not necessarily meant to slow down your breathing or regulate it so you can relax, but simply to become aware of your breathing (or lack thereof). Make it a morning/evening routine where take a few minutes to sit comfortably and allow yourself to notice what's going on with your breath.

*Is your breath fast or slow?*

*Is the air warm or cool?*

*Where do you feel the air in your body?*

*Are you breathing in through your mouth or your nose?*

*Does the air fill your lungs or do you feel it in your belly?*

Again, don't force yourself to try and breathe more deeply. Just notice what IS.

### Sensory Awareness & Physical Play

Use your senses and your body to become aware of your surroundings and put the brakes on your stress response. Look at something beautiful, diffuse essential oils, drink a glass of water or go for a run or walk in nature to help you regulate strong emotions. Tactile sensory tools such as toys that you can squeeze, pull, bounce, stretch, rip, etc. can provide relief to the central nervous system. Arrange items in a box or a basket and keep in an easily accessible area of your home so you and your children can easily access them.



1. **Breathing Exercises**
2. **Stress Balls / Play-doh**
3. **Physical Play / Exercise**
4. **Fidget Toys / Stress Relief Kit**
5. **Mindful Movement**
6. **Repetitive Activities**  
*(coloring, painting, sketching)*
7. **Journaling/Creative Writing**
8. **Setting Daily Intentions**
9. **Meditation**
10. **Nature Walks**
11. **Body Scan for Tension**

# MINDFULNESS PLAN

**2-Week Mindfulness Plan** Start to slowly incorporate forgiveness and mindful routines on a consistent basis. Use this two-week sample plan to create your own calendar. What activities soothe your soul and restore your well-being? How will you nurture yourself this week? Who can you send forgiveness to release your mind from negative beliefs?

Make time to strengthen your brain – so you can handle your stress!

<b>SUN</b> 5 Min Meditation (6am)	<b>MON</b> 20 Min Walk (12pm)	<b>TUES</b> 5 Min Meditation (6am)	<b>WED</b> 20 Min Yoga (10am)	<b>THURS</b> Night out w/ friends (9pm)	<b>FRI</b> 10 Min Meditation (6am)	<b>SAT</b> 10 Min Meditation (7am)
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<b>SUN</b> 15 Min Meditation (6am)	<b>MON</b> 30 Min Walk/Run (8am)	<b>TUES</b> Spa Visit (5pm)	<b>WED</b> 20 Min Yoga (7pm)	<b>THURS</b> Date Night (7pm)	<b>FRI</b> 15 Min Meditation (8am)	<b>SAT</b> 30 Min Exercise (10am)
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# MINDFULNESS PLAN

**My 2-Week Mindfulness Plan** What activities soothe your soul and restore your well-being? When can you take time to nourish your mind and body each week? Write out simple, achievable goals for the next two weeks. Start slowly with only a few minutes a day and build up to incorporate more mindful activities that will help you to slow down and become more present with your children.

