

Hugh Boyd (Brain Development/Mindfulness) September 2023  
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**Connect to Breath:** Notice, Slow down and if comfortable breathe IN with the nose and OUT with the mouth. Inhale to the word “BREATH” and Exhale to the word “BODY”.

**Worry Scale:** Worries do not stay at the same INTENSITY. With experience and practice we learn to cope better. Feelings Come and Go and we need to ask for help when things are hard for us.

**Anxiety:** An emotional response to a Real or Perceived Threat. Characterized by feelings of Apprehension, Worried Thoughts, and Physical Symptoms. Alerts to DANGER and prepares body by triggering the Flight-Fight-Freeze Response. (**Helpful Anxiety:** Fleeting, Can be Adaptive and Can Enhance Performance. **Unhelpful Anxiety:** Lingering, Can be Maladaptive and Can Hinder Performance.)

**Body Scan:** Close your eyes (If it feels comfortable) and Connect to your breath. Scan your body to find tension or pain. Breathe INTO the area(s) and release the tension on your OUT breath.

**The Teenage Brain:** Extraordinary Neuroplasticity (Age 12-25), Fundamental Reorganization of the Brain (Prefrontal Cortex matures last) Subcortical brain areas, especially the limbic system and the reward system, develop earlier, so that there is an imbalance during adolescence between the more mature subcortical areas and less mature prefrontal areas. (Prefrontal Cortex: Thinking part of brain, Largest and most highly developed)

**Window of Tolerance (WOT):** We can expand our Window of Tolerance (The body is in its Optimal state, Can access both Reason and Emotion, Mentally Engaged) by Breath Work, Mindfulness or Physical Activity.

We can be in a state of Hyperarousal “Can’t Calm Down” (Overactive, Unclear thought, Distressed) or Hypoarousal “*Shutting Down*” (Depressed, Lethargic, Unmotivated).

**Reframe Negative Thoughts or Emotions:** Put into Action what you can do. Change Unhelpful Thoughts “ I Can’t Do This Yet. Learning takes Time and Practice. I am Improving and Showing Progress.”

**Connect to Nature:** Take time to explore and be outside.

**LOVE-KINDNESS for the BODY:** Spend 5/10 minutes a day. On each IN-BREATH, be aware of FRESH OXYGEN and vital energy entering your body. On each OUT-BREATH, send this energy throughout your body along with these silent words: “MAY I BE FREE FROM DISCOMFORT. MAY I BE AT EASE. MAY I BE HEALTHY.”

**SLEEP ROUTINE AND EXERCISE:** Follow a sleep Routine, Healthy Diet, Workout on a regular basis, Create a Peaceful bedroom, Calm Down before bed, Power Down Electronics, Limit Caffeinated Beverages

**TENSE and RELAX:** Tense and Relax all your muscles, Start with the Toes and work up your body, Hold and Relax for 4 or 5 seconds

**MAKE a SCHEDULE:** Set Time for Homework, Having Fun, Relaxing

**LEARN TO FACE THE WORRIES:** Imagine yourself doing something you have always wanted to, but you feel nervous and unsure of yourself.

**REMEMBER SUCCESSES:** It is common to feel nervous doing something new. Remember things you have Overcome and Learned.

**REWARD YOURSELF:** After all the hard work, remember to Reward yourself for having the Courage to face your worries!