

University of Maryland School Mental Health Program's Wellness Wednesday – Mindfulness and Relaxation

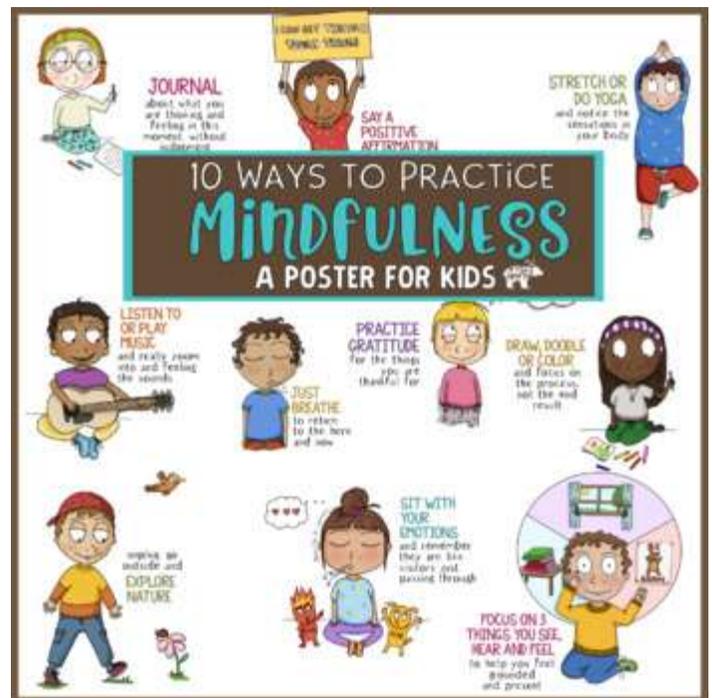
Using mindfulness and relaxation strategies can help both children and adults to manage stress and anxiety and improve overall wellness and health.

What is mindfulness?

- **Focusing on and being present in the current moment**
- **Increasing awareness of feelings and sensations inside our bodies and around ourselves**
- **Accepting current circumstances and feelings without judgement**

How can kids practice mindfulness?

- **Practice slow, deep breathing**
- **Listen to guided meditations**
- **Engage in intentional movement (e.g., yoga)**
- **Do an activity that requires focus and attention**



Examples of quick, simple mindfulness exercises:

- **Mindful minute.** Ask your child to sit in a comfortable position somewhere free from distractions and noise. Instruct them to focus on taking slow, deep breaths for one minute.
- **Practicing gratitude.** Have your child start or end their day by naming at least one thing that they feel grateful for.
- **5-4-3-2-1 Senses exercise.** Ask your child to sit in a comfortable position and notice 5 things they can see, 4 things they can hear, 3 things they can feel, 2 things they can touch, and 1 thing they can taste.

Tips for using mindfulness:

- **Model mindfulness activities for your children.** Try out one or more of these exercises on your own and suggest or offer for your children to join you.
- **Start small.** Practicing mindfulness doesn't necessarily mean doing yoga for an hour each day. Start small - with a mindful minute each day and build from there!

Additional Resource Links

[Additional mindfulness exercises for children and teens](#)

[Follow-along yoga video for children and families](#)

[Tutorial for teens on how to begin practicing mindfulness](#)

[This website offers a guide for parents on how to introduce mindfulness to children](#)

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Interested in SMHP services for your child?

Reach out to Jasmine Savoy by phone, email, or send a message through class dojo. (See below for more contact information). You can also talk to your child's teacher or Principal Carnes about completing a referral form or request one yourself.

Not sure about the program but want to learn more or consult with a counselor? Let's connect!

Cultural Responsiveness and Equity

[University of Maryland Cultural Responsiveness & Equity](#)

[Talking About Race](#): The National Museum of African American History & Culture for educators, caregivers, and involved community members sorted by topics of bias, whiteness, and self-care.

[Talking to Kids about Racism & Justice - Book Lists](#)

The Oakland Library developed a curated list of books, articles, videos, websites, and more, broken down by age range to assist adults in discussions of racism and justice with children.

Useful Links

[U of MD National Center for School Mental Health](#)

[Baltimore City Public Schools](#)

[Behavioral Health & Wellness](#)

Stay connected with Office Hours

Feel free to reach out to discuss your student(s) and concerns using these links:

Wednesdays 3:00-4:00pm [Zoom link for Wednesday](#)

Thursdays 8:00-9:00am [Zoom link for Thursday](#)

Please don't hesitate to reach out outside of these times!

Relaxation and Mindfulness Apps and Resources for Adults

[The Mindful Movement YouTube Channel](#) – provides weekly videos and tutorials to enhance mindfulness and meditation practice.

[Stop, Breathe, Think](#) – app that provides short mindfulness activities to help with stress, improve sleep, and find your daily calm.

[Virtual Calming Room](#) – an escape using anxiety reduction and relaxation techniques to provide healthy outlets for stressful times.

Crisis Support

For Life Threatening Emergencies **DIAL 911**

Here2Help Hotline provides 24/7 confidential advice and emotional support.

410-433-5175 | [Here2Help](#)

Maryland Crisis Hotline

DIAL 211 | <https://211md.org/>

National Suicide Prevention Hotline

1 800-273-8255 | <https://suicidepreventionlifeline.org/>

Child Protective Services (410) 361-2235

410-361-2235 | [CPS - MD Dept of Human Resources](#)

Brought to you by Ms. Jasmine Savoy, clinician with the University of Maryland School Mental Health Program in partnership with Augusta Savage Fells Institute of Visual Arts

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Office Hours: Wednesdays 3:00-4:00pm [Zoom link for Wednesday](#)

Thursdays 8:00-9:00am [Zoom link for Thursday](#)

Psychiatrist: Dr. Albert Nguyen (available Tuesday 8:30-11:30 by appointment)

Trainee: Unique Eaton (Mondays, Wednesdays, and Fridays)

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