

Generation Stress:

Mindful Solutions to Create Happy Homes

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Put your oxygen mask on first

★ Practice Mindfulness

- Mindful Listening
- Mindful Breathing

Grow Seeds of Peace and Happiness

★ Gratitude

- Express your appreciation for each other
- Make a gratitude jar.
- Make it part of your bedtime routine.
- Keep a gratitude journal
- Ask your child, "Who was a good friend to you today?"
- Acknowledge the small stuff

★ Praise

- Process Oriented Praise - The key is to attribute success to things such as effort, commitment, resourcefulness, hard work and practice. (The seeds you want to grow.)

- Examples:

"Wow, you really worked hard out there!"

"All of that time you spent practicing your spelling words sure paid off when you took the test"

"You guys must have worked hard in your practice, it really showed in that game"

"I know you can do it if you put your mind to it!"

"You must be proud of all the work you put into that assignment!"



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LIFE™
*brain based solutions
for today's families*

★ Laughter

- Laughter is contagious. Surround yourself with people and things that make you happy.

Be Together

★ Dinner

- Having dinner as a family is easily the single most important thing you can do to raise happy, healthy children.
- Need help keeping them at the table? Try:
 - Rose, Bud, Thorn
Go around the table and have each person share their Rose (the best part of their day), their Thorn (the worst part of their day) and their Bud (what they are looking forward to tomorrow.
 - Moments of Silence
Use hourglass timer from a board game. Just 90 seconds of peace can help everyone arrive at the table ready to be present and engage.
 - What Mistake Did You Learn From Today?
 - Mindful Meal Wheel

★ Rituals & Adventures

For More Information visit: www.mindfullifetoday.com