



## VIRTUAL MINDFULNESS – HOME NEWSLETTER

### LESSON TWO: WHAT IS MINDFULNESS? PRACTICE: ANCHOR BREATHING

Hello Families,

I hope that this communication finds you well. To say that life is stressful right now is an understatement. This week we are offering you a mindfulness practice that will support you and your young people in navigating your current experience.

Last week we defined mindfulness, set up mindful posture, and practiced focusing all of our awareness on sounds. Just a reminder:

**Mindfulness is paying attention on purpose without judgement**

For this week's lesson we are going to focus on paying attention to breathing. In all the classrooms that I have been honored to enter and share mindfulness within, awareness of breathing seems to be the one that has the most impact. Students report that they practice mindful breathing most frequently on their own, and have shared some amazing personal experiences of navigating big emotions with mindful breathing.

Practicing paying attention to our breathing truly is a super power. Taking slow, deep breaths into a soft belly is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. This mindfulness practice is called *Anchor Breathing* because your breath can function like an anchor does for a boat. Just as an anchor keeps a boat from being swept away, resting all of your awareness on deep, slow belly breaths can keep you from being swept away by thoughts and emotions.

Please enjoy our offering this week, and I hope you take many moments in the coming days to rest all of your awareness on breathing in and out slowly.

Deep Peace – Erin Reed

**Sometimes the most important thing in a whole day is the rest we take between two deep breaths**  
– Ety Hillesum