



MINDFULNESS / DEVICES

Mindfulness

Mindfulness is intentionally paying attention to what you are doing while you are doing it. It can be helpful for some people to schedule in formal mindfulness or practice mindfulness in everyday activities.

Some benefits of Mindfulness practice are:

DECREASED STRESS

DECREASED DEPRESSIVE SYMPTOMS

IMPROVED CONCENTRATION

IMPROVED GENERAL HEALTH

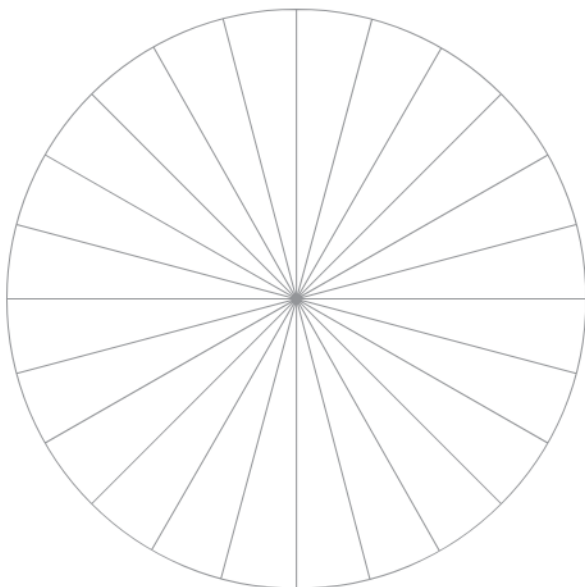
ENHANCED ABILITY TO DEAL WITH ILLNESS

MENTAL CLARITY

HOW DO YOU SPEND YOUR TIME?

Life can get extremely busy and finding time for mindfulness practice can be quite tricky. With the busyness of life and the large amount of time people are on their devices this can make it even more difficult. Take a few minutes to do an audit of how you spend your time.

The pie chart below is broken up into 24 segments and each segment represents one hour of your day. What does a typical day look like for you? Colour in hours of the pie chart to represent how you spend your time each day.



EXERCISE/SPORTS

MINDFULNESS

WORK

TV

DEVICES

SLEEP



- Are you happy with how you spend your time?
- How much time do you spend on devices?
- Is there something you could change?

It might be worth doing this with your children using this template and discuss how much time is being spent on screens or using devices. Talk about what could be done to decrease screen time, what mindfulness activities could your children do?

Click on the image for parent information about online safety, from the eSafety Commissioner. The family tech agreements are a great tool to use together as a family.



Click on the image for some examples of mindfulness activities.



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The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.