

# Wellbeing @ MPS

## Adult Zone!

### 15 Things Mindful People Do Differently

1

They don't believe their thoughts - and they don't take them all that seriously

They don't try to avoid or deny emotions **2**

They understand that all things come and go **3**

They do one thing at a time **4**

They turn everyday tasks into mindful moments **5**

They practice being curious **6**

They get outdoors and embrace the beauty of nature **7**

They enjoy every bite when they eat **8**

**9** They slow down when reading and truly take the information in

**10** They are fully present when listening without trying to control or judge

**11** They take mini-breaks every hour or so when working or studying.

**12** They laugh at themselves

**13** They focus on what they're doing

**14** They challenge existing beliefs

**15** They nourish their bodies

### 20 THINGS TO DO ON A NO-SPEND WEEKEND

1. Do free yoga
2. Watch a movie in the park
3. Attend a museum
4. Have a picnic
5. Go for a jog/walk
6. Ride a bike
7. Attend a street fair
8. Go to the library/bookstore
9. Volunteer
10. Go to a city pool
11. Visit local landmarks
12. Read a book
13. Go hiking
14. Watch DVDs
15. Throw a potluck
16. Play board games/video games
17. Go to the park/ beach
18. Attend a race
19. Have a photo shoot
20. Declutter your house/sell your stuff

Why purposeful breaks are useful.

Increasing circulation and moving oxygen to areas of the brain for learning

Allowing the brain to break from new content and form new memories

Regulating neurotransmitters such as dopamine and glutamate to enhance focus, mood and learning.

**Life is fast.  
So live in the moment.**

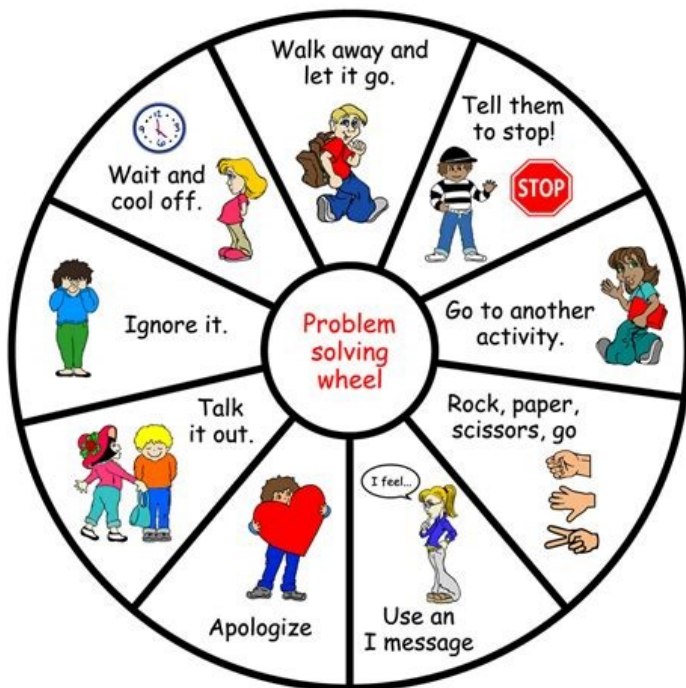
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## Kids Zone!

Write down 5 things that made you smile today:

- 1.
- 2.
- 3.
- 4.
- 5.

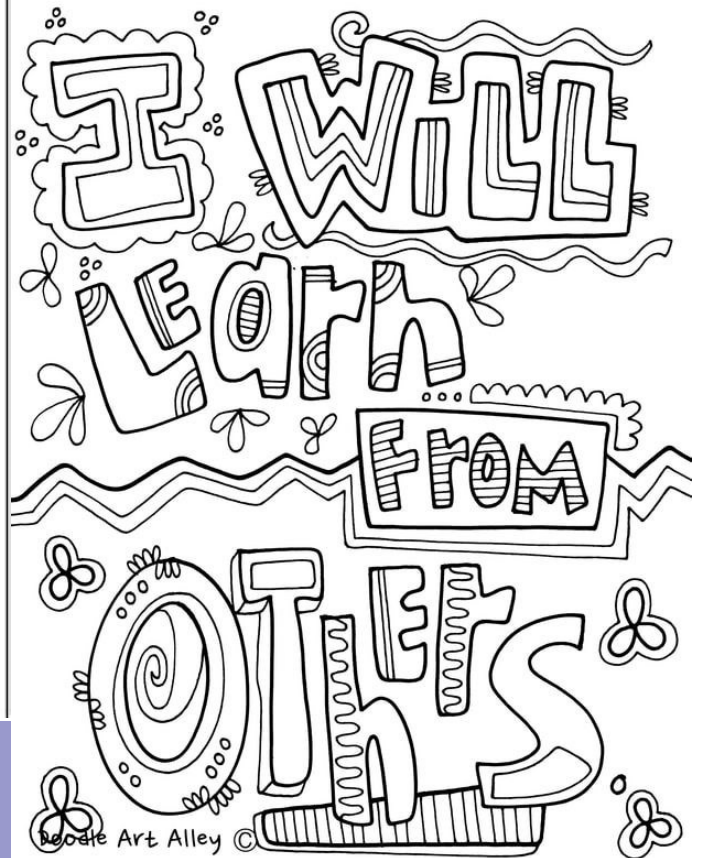
## What can I do?



## Anger Rules

It's OK to feel angry *BUT*

- Don't hurt others
- Don't hurt yourself
- Don't hurt property
- DO talk about it



**Recommended read:**  
 You fantastic elastic brain!  
 By JoAnn Deak.