**Remember-**

**The Benefits of Mindfulness:**

* **Body and Emotion regulation**: when our bodies and emotions are balanced and appropriate in our lives
* **Insight:** “self-knowing awareness”…this is key to building positive social connections
* **Attunement with others, i.e. “resonance”**. This leads to the other person’s experience of “feeling felt”, of being understood. When children become more “tuned in” to themselves, they are more “tuned in” to others around them
* **Empathy**: allow us to see from the stance of another person’s experience, imagining others’ reality and perspective
* **Better Impulse Control/Response Flexibility**: the capacity to pause before taking action (this is key with children and teens!); being able to consider a variety of possible options and to choose among them.
* **Fear modulation**: our ability to calm and soothe, and even unlearn, our own fears
* **Intuition**: access to awareness of the wisdom of the body
* **Increased Attention Span**: practice of paying attention can build our attention muscles in our brains
* **Morality**: taking into consideration the larger picture, imagining and acting on what’s best for the larger group rather than just ourselves

*From: The Mindful Brain* by Daniel Siegel, MD

