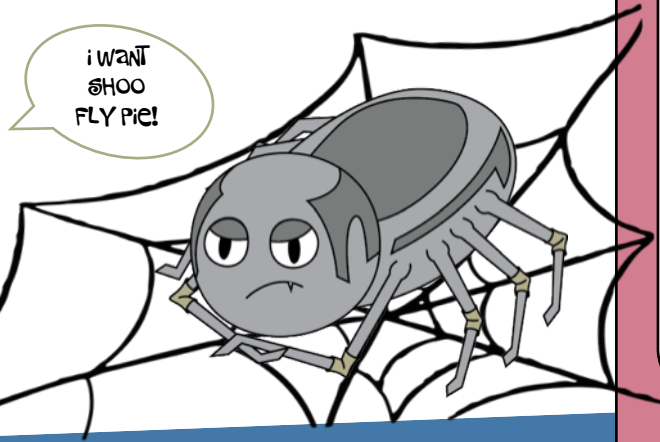


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Cartoonversation™

Card Episode 14

On the Fly - Mindfulness



Five Websites

For more helpful information, please visit these websites:

1. PositivePsychologyProgram.com
2. ParentingChaos.com
3. Headspace.com
4. Calm.com
5. Childhood101.com

Five Cartoonversation™ Starters

1. What does it feel like when you close your eyes and breathe slowly for five seconds?
2. What does it feel like when you start to lose your temper?
3. What does it look like when others start to lose their tempers?
4. What are some distractions that made mindfulness difficult for Donata?
5. Odie was mindful of signals that something may be wrong. What can you do to be aware of signals that may trigger the need for mindfulness?

Five Factoids

1. Practicing mindfulness can boost creative thinking.
2. The average human brain is exposed to over 70,000 events a day.
3. MRI scans have shown that regularly practicing mindfulness can strengthen the part of your brain associated with learning and memory.
4. Research has shown that practicing mindfulness on a regular basis can help develop a more positive and healthy outlook on life.
5. Mindfulness can reduce stress by impacting what is known as emotion regulation.