

FREE your FEELS™

MINDFULNESS

Mindfulness is the practice of paying attention to the present moment with curiosity and without judgment. Sometimes, we can get caught up worrying about something that happened yesterday or stressing about what's coming next that we miss what's happening right now.

WHAT MINDFULNESS IS...

- Noticing what's happening inside and around you
- Taking a moment to slow down
- Recognizing and understanding your emotions
- Responding, not reacting
- A skill that gets stronger with practice

WHAT MINDFULNESS IS NOT...

- Ignoring challenges
- Pretending everything is okay
- Never feeling stressed or overwhelmed
- Always feeling calm
- Something you have to be perfect at

Like any skill, mindfulness gets stronger with practice. Even a few mindful moments each day can support your mental health and overall well-being.



RESOURCES



Inner Explorer offers guided mindfulness practices designed to help young people build self-awareness, focus, emotional regulation, and resilience.



Check out the **CHOA Strong4Life** Guided Imagery Exercise for Kids and Teens video.



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

ACTIVITY:

Set a timer for one minute and focus only on your breathing.

INHALE 
slow, through your nose
(your chest should rise)

EXHALE 
slow, through your mouth
(your chest should lower)

As you breathe:

Notice how the air feels as you inhale and exhale.

If your mind wanders, gently bring your attention back to your breath.

Reflection:

Was it easy or difficult to stay focused?

What thoughts kept pulling your attention away?

How did you feel afterward?

Follow for more resources!
[@freeyourfeelsga](https://www.instagram.com/freeyourfeelsga)



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

**ACCESS MORE
RESOURCES AT
[FREEYOURFEELS.ORG](https://www.freeyourfeels.org)**