THE POWER OF POSITIVITY

THE POWER OF MINDFULNESS



BLUE OWL BOOKS

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CHAPTER 1

WHAT IS MINDFULNESS?

Sit in a comfortable position. Close your eyes. Try to stay still. Relax your body and mind. Take deep breaths. How do you feel?



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Paying attention to how you feel is one way to be **mindful**. When you are mindful, you focus on what is going on right now. You are aware of how your mind and body feel. Your thoughts are slowed. You are not doing too many things at once.

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There are many ways to be mindful. You can practice mindfulness while walking by paying attention to the sights and smells around you. You can **meditate**. You can be mindful when you **interact** with others.

MINDFUL RELATIONSHIPS

Actively listen when others speak. Pay attention to their **body language**. Think about how they might be feeling. Being mindful of others can help you learn **empathy**. It can build better relationships.



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CHAPTER 2

BENEFITS OF MINDFULNESS



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Mindfulness has many **benefits**. You may feel calmer. Your memory may get better. You might be able to focus more.



Scientists studied the brains of mindful people. They looked at the amygdala. This part of the brain helps us see **threats**. It is responsible for fear and **anxiety**. The amygdala is smaller in mindful people. It is less active. Mindful people experience less **stress**.

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