

Wellbeing - The Resilience Project (Part 4)

Dear parents & carers,

Today's presentation from [The Resilience Project](#) is all about Mindfulness.

Mindfulness is our ability to be present at any given moment. We practise this by using intentional awareness and concentrating on what you are doing when you are doing it.

Thousands of studies into Mindfulness indicate that with regular practise, Mindfulness can lead to benefits such as; reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

View Part 4 of the series here:

Part 4 - Mindfulness:<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

Mindfulness can be practised through meditation, yoga, flow-states and daily activities such as cooking.

Source:[UC Berkeley](#), [Greater Good Science](#), [American Psychological Association](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

Kind regards,
Jarod Bacon
Principal