

# REDEFINING MINDFULNESS

## REDEFINING MINDFULNESS BY LET IT GO! MINDFULNESS SERVICES



Have you ever lied down for a meditation or tried this with your child and felt that they and you both felt a bit unsettled? Or if it did work, did you find it hard to maintain and find the time to do this regularly?

We are always trying to slow down or hoping for more time, especially as a parent. At Let it Go! We redefine mindfulness and find a way for it to work for you! Every individual adult or child can find quiet moments and slow down and find ways to be more patient with themselves and life.

Another important aspect of mindfulness that is not spoken about enough is its ability to help us release past experiences or emotions that may be weighing us down emotionally or physically. Experiences and situations from birth are attached most strongly to emotions so you will find that you remember experiences that caused you the strongest emotional reactions, as well as your children will.

These childhood emotional experiences often lead to our individual dialogue and this continues into adulthood. Unless we find a way from a young age to instill skills or emotional regulation, self-reflection and build self awareness through practices like mindfulness, which naturally brings us into the present moment.

Let it Go! Assists children from a young age to accept and acknowledge emotional experiences and find constructive ways of managing this that can take them through life. Building a strong sense of self awareness and self regulation through creating a toolbox can start prenatally and continues through life.

We work with children and adults who support them to recognize the value of self-care and self love as well as how mindfulness practices can be used practically throughout all activities during the day in order to help us identify and manage daily stressors.

So, by redefining mindfulness and moving away from linking it to silence and meditation we allow for it to have a deeper connection and influence in our mental health and well being throughout life.