

MOVE YOUR BODY & MIND

With less in our schedules during the COVID-19 restriction, our minds may be wandering to thoughts that are stressful and overwhelming. There are things that can help.

Benefits of Yoga for Teenagers

- **Stress Management:** Yoga involves practicing breathing techniques that can regulate stress.
- **Strength:** Many yoga postures build muscle and bone strength as well as flexibility.
- **Body Image:** Yoga promotes self-awareness and acceptance, which helps overcome poor self-image.
- **Wellbeing:** Yoga teaches a focus on deep breathing to promote mindfulness, which can foster physical and emotional well-being.
- **Mood and Cognitive Functioning:** Regular yoga practice can change how stress, anxiety, and fatigue are perceived to help improve mood. Yoga can also improve cognitive functioning, especially the individual's memory, and performance. **20 minutes of yoga every day can improve an adolescent's accuracy and speed on tests.**
- **Concentration:** Yoga teaches teens how to use their breath to stay focused.

Headway Services: School-based therapy is a therapy provided in an environment where children often struggle the most. Headway's services include individual, family, and group therapy as needed. Reach out to your school's Mental Health Therapist for more information.

Grounding Exercise

Grounding is a useful technique that helps us reorient to the here and now, to bring us into the present. **Grounding techniques can be helpful if someone is feeling overwhelmed, anxious, or dissociated from their environment.**

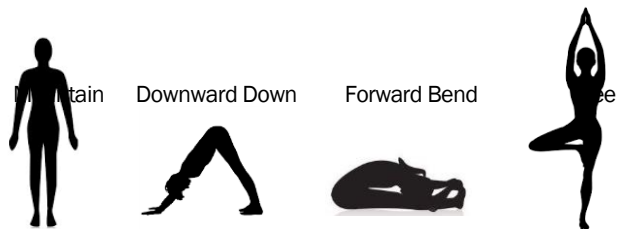
Grounding Exercise: "5-4-3-2-1"

- Name 5 things you can see around you
- Name 4 things you can touch right now
- Name 3 things you can hear right now
- Name 2 things you can smell right now
- Name 1 thing you can taste right now

Simple Yoga Poses

Try the poses below on your own.

You can also visit <https://yogawithadriene.com/free-yoga-videos/> for some online instruction for free!



Self-Care Corner:

"You can't calm the storm, so stop trying. What you can do is calm yourself. The storm will pass."

**Yoga and mindfulness in this context are secular. Both are strictly used as a tool for emotional and physical regulation. Yoga and mindfulness are two of many stress management techniques.*

References:

- Bluth, Karen (2016). "Five Tips for Teaching Mindfulness to At-Risk Teens." Retrieved from https://greatergood.berkeley.edu/article/item/five_tips_for_teaching_mindfulness_to_at_risk_teens#gsc.tab=0
- Mom Junction. "8 Benefits Of Yoga For Teenagers And 13 Simple Poses." Retrieved from http://www.momjunction.com/articles/benefits-of-yoga-for-your-teenager_0094957/#gref