



The Benefits of Mindfulness

Wellness is
healthy for
everyone

Hello!

We Are Rite of Passage

Community Action Project





The Lineup

— What is
◆ Wellness
◆ Mindfulness
◆ Vagus Nerve

◆ Connections
◆ Strats
◆ Activity



Wellness

all about balance, responsibility,
and acceptance.



“The state of being well is actively making choices toward oneself enabling a healthy and fulfilling life



BIG CONCEPT MINDFULNESS



Benefits of mindfulness

- Reduces anxiety or stress
- Improves overall bodily functions
- Helps with regulating our emotions
- Gives us a sense of self awareness



VAGUS NERVE

Where it is

- A cranial nerve that connects brain to body

What it does

- Allows brain to monitor and receive the bodies different functions

How the Vagus Nerve relates to Mindfulness

- ❖ Regulates relaxation and breathing
- ❖ Increases circulation whilst decreasing inflammation
- ❖ Lower Heart rate and BP
- ❖ Management for stress, fear, and anxiety



Mindfulness Strats

Action

Breathing

Centering



GUIDED MINDFULNESS ACTIVITY



Health and Wellness Community resources

- ❖ Wellness Center-AHS Room D-3
- ❖ La Clinica-San Lorenzo High School Health Center
- ❖ Reach Ashland Youth Center

Thanks!



Any Questions,
Comments,
Or
Concerns?