

The Counseling Chronicle

Mindfulness Edition

OUR TEAM

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Managing School from Home

[How to Create a Productive Workspace Video](#)

[Time Management Tips Video](#)

[5 Minute Meditation Break Video](#)



It is important to remember to focus your attention on **one thing at a time**. This means when you are doing schoolwork you are focused on schoolwork. When you are talking to a friend, you are focused on that friend. When you are eating a meal, you are focused on the food. Try to be mindful of the task at hand and let the rest go. Don't allow your mind to get too full.

ERA's Mr. M and his Color Breathing Exercise

<https://www.youtube.com/watch?v=Gow2Hc6GkL8&feature=youtu.be>

“Focus on the future, not on the past. Everyone makes mistakes, learn from them and move on. Each day is an opportunity to make something great happen.”





<https://www.youtube.com/playlist?reload=9&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw>

Mind Yeti is a website that provides mindfulness instruction and meditative scripts for a variety of moods and needs. The website begins with a tutorial that introduces the concept of the **Mind Yeti**. ... Users can also pick to focus on several "powers," or skills, that are essential to the foundations of meditative practice. Give it a try!

What is one new thing you will try this week to help you be present during all the different parts of your day?