YOUTH MOVE NEVADA

Motivating Others through Voices of Experience

MINDFULNESS

Activity Book for Youth
ABOUT YOUTH MOVE NEVADA

We are a youth-inspired and youth-led organization that encourages and empowers our youth peers to unite together to engage with youth-serving systems. We recognize the power of lived experience and are also a strengths-based bridge to improving support services for youth, by youth, through our shared experience and expertise. Youth MOVE Nevada is committed and driven to representing the authentic youth voice.

WE BELIEVE:

- **Youth should** be at the table when decisions are being made about them
- **Youth should** build strong self-advocacy skills
- **Youth are** the catalyst for systems change
- **Youth are** experts in their lives
- **Youth can** reduce the stigma surrounding mental health
- **Youth can** collaborate with professionals
ABOUT THIS BOOK

Youth and young adults need skills to practice when they experience stress, anxiety, and other mental health challenges. This book offers mindfulness tips and activities that were created by youth and young adults. Have some fun and decompress as you learn about practicing self-care and make your way through activities, tips, quotes, and more.

MINDFULNESS DEFINITION

mind·ful·ness | /ˈmīn(d)fl(ə)nəs/ noun: mindfulness

1. the quality or state of being conscious or aware of something.
   2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
1. **Try to focus your thoughts.** Become more present and if distracting thoughts come, try to re-focus on what you are doing in the moment.

2. **Practice makes perfect.** In order to reap its many benefits, be sure to engage with mindful practices regularly.

3. **Be nonjudgmental.** There is no perfect way to practice mindfulness, so ignore any judgments you have towards yourself.

4. **Slow down.** Be intentional about moving slower whether you're doing an assignment or eating dinner.

5. **Prioritize mindfulness.** Be intentional about putting yourself and your mindfulness activities first.

6. **Have fun with it.** Don't take mindfulness too seriously or let activities become overwhelming.
AWARENESS
The quality or state of being aware and having knowledge and understanding that something is happening or exists.

MENTAL HEALTH
This includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

RESILIENCY
The capacity to adapt and recover from difficulties with the ability to keep functioning.

SELF-ADVOCACY
The ability to communicate your needs and represent your views and interests to others.

SELF-CARE
Taking care of yourself in ways that promote, preserve, or improve your health.

STRESS
A state of mental or emotional strain resulting from demanding and high-pressure situations.

MINDFULNESS IDEA:
Be mindful of how you behave towards other people. Concentrate on listening and being in the moment.
“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

Buddha
MINDFULNESS ACTIVITY: INDOOR CYCLING

Youth: Lexie B.
Location: Reno, NV
Tip: Jump on an indoor bike and start pedaling. Cardio often releases endorphins which are feel-good chemicals and can help improve your mood and mindset.

MINDFULNESS ACTIVITY: LISTEN TO MUSIC

Youth: Faith B.
Location: Elko, NV
Tip: Select your favorite tune and turn up the volume! As you listen to the songs pay attention to the beat and the way that you feel.

MINDFULNESS QUOTE:
"The little things? The little moments? They aren’t little." ~Jon Kabat-Zinn
MINDFULNESS ACTIVITY: MEDITATION

Youth: Ryley H.
Location: Las Vegas, NV
Tip: Focus your mind on a particular object, thought, or feeling and bring awareness to this thing. Try to slow all unrelated thoughts while you focus on breathing.

MINDFULNESS ACTIVITY: DRAW OR SKETCH

Youth: Anonymous Entry
Location: Nevada
Tip: Mindfulness is all about observation, and so is drawing. Drawing allows you to creatively express yourself and requires you to slow down and pay attention to the details in front of you. Focus on the present moment and sketch something in your notebook.

MINDFULNESS IDEA:
Listen to your inner voice- let it be heard and learn to trust yourself.
Youth: Lexie B.
Location: Reno, Nevada

As youth and young adults, life can be overwhelming, and often we are not taught to slow down and cope with the stressors around us. I never understood what mindfulness was, let alone how to do it. Once I began therapy, I was introduced to mindfulness through simple breathing and grounding exercises. As someone with anxiety that often feels inescapable, I found these grounding exercises helpful and still do; there's rarely a day that I don't do some form of mindfulness. Once you get comfortable with it, you'll realize that you've probably done mindfulness activities before. I never realized I was practicing mindfulness naturally through working out and spending lots of time outdoors. Being aware, present, and accepting creates a positive experience for you and your mental health. The great thing, too, is that it only requires you and your attention and can be done anywhere at any time.
MINDFULNESS ACTIVITY: 3-3-3 METHOD

Youth: Sahara C.
Location: Henderson, NV
Tip: Move 3 body parts, look for 3 things (cars, plants, people, books, things like that), and listen for 3 things (doorbell, stomping, talking, etc). This should help you come back to reality, stay in touch, and calm down.

MINDFULNESS ACTIVITY: PLAY VIDEO GAMES

Youth: William C.
Location: Las Vegas, NV
Tip: Some video games can be a great way to disconnect and decompress! Play a video game and practice mindfulness through relaxation, concentration, improved mood, reduced stress, and connection.

MINDFULNESS QUOTE:
"What you resist, persists" ~Carl Jung
MINDFULNESS ACTIVITY: RIDE BIKE OUTSIDE

Youth: Ash
Location: Las Vegas, NV
Tip: It's easier to practice mindfulness when you're surrounded by nature. On a bike outdoors you can be mindful of your environment and what's around you, enjoy alone time, and feel the fresh air. As you ride your bike take notice of what you see and how you feel.

MINDFULNESS ACTIVITY: TAKE BREAKS AS NEEDED

Youth: Daniel L
Location: Las Vegas, NV
Tip: Think of breaks as mini stress-recovery sessions that help you decompress and find energy. Take 5-10 minutes breaks throughout your day and see how you feel after a break.

MINDFULNESS IDEA:
As soon as you wake up in the morning, take 3 breaths before getting out of bed. It will only take a few seconds, but it will set the tone for the day ahead.
Instructions: Draw where you feel most relaxed and bullet out some ideas for self-care you’d enjoy.
**MINDFULNESS ACTIVITY: GO FOR A SCENIC DRIVE**

**Youth:** Rose B.  
**Location:** Reno, NV  
**Tip:** Driving in nature allows you to breathe fresh air, think to yourself, and feel free for the time being. If you experience anxiety or pressure, a scenic drive can provide you the space and environment you need.

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**MINDFULNESS ACTIVITY: USE SELF-CARE PHONE APP**

**Youth:** Kayla M.  
**Location:** Fallon, NV  
**Tip:** Utilize self-care apps, like Finch, that do daily mental health check-ins, have mindfulness activities, and even an area to journal and reflect. This is a great way to prioritize your mindfulness.

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**MINDFULNESS QUOTE:**

"I never came upon any of my discoveries through the process of rational thinking."

~Albert Einstein
**MINDFULNESS ACTIVITY: WRITE IN A JOURNAL**

**Youth:** Jax W.  
**Location:** Carson City, NV  
**Tip:** Being mindful is about recognizing and absorbing your current surroundings, so writing and journaling about your day is a great way to practice self-care. It can be performed anywhere—all you need is a writing utensil and paper.

**MINDFULNESS ACTIVITY: TALK TO A TRUSTED FRIEND**

**Youth:** Anonymous Entry  
**Location:** Nevada  
**Tip:** Talking requires your attention and focus. By listening and talking to a friend you create a social connection which feels good and can help you practice awareness, acceptance, and curiosity.

**MINDFULNESS IDEA:**  
Mindfulness has to be experienced rather than described—start by being aware of your next two breaths.
Why should you practice mindfulness?

Mindfulness encourages self-awareness

And even help you recognize feelings

It can help you sort through your thoughts

So you feel emotions in a healthy way

Practicing mindfulness has many benefits
**MINDFULNESS ACTIVITY: WATCH TV**

**Youth:** Hugo T.  
**Location:** Las Vegas, NV  
**Tip:** Turn on a TV show that makes you feel good and pay close attention to each and every movement you see. Pay attention to the details and practice mindfully watching your show.

**MINDFULNESS ACTIVITY: WORKOUT AND LIFT WEIGHTS**

**Youth:** Lewis B.  
**Location:** Reno, NV  
**Tip:** Lift some weights or go to the gym! Movement triggers a chemical release in our body that has a positive effect on the brain that calms us and helps us to think clearly and feel happier.

**MINDFULNESS QUOTE:**
"What lies behind us and what lies before us are tiny matters, compared to what lies within us." ~Ralph Waldo Emerson
MINDFULNESS ACTIVITY: DANCE

**Youth:** Sonya K.
**Location:** Elko, NV
**Tip:** Dancing is a win-win situation as you're combining physical activity with music! Similar to working out, dancing releases feel-good hormones and can improve your mood while listening to music which has a calming effect.

MINDFULNESS ACTIVITY: SQUARE BREATHING

**Youth:** Anonymous Entry
**Location:** Nevada
**Tip:** This is a breathing activity that helps slow down your breath and your mind by using numbers and breathing. Count to 4 and slowly inhale, now hold your breath as you count to 4, and slowly blow out through your mouth as you count to 4 one more time.

MINDFULNESS IDEA:
Focus on the now, you can't be mindful without being in the present.
"Mindfulness is a way of befriending ourselves and our experience.

Jon Kabat-Zinn
RESOURCES

SAMHSA NATIONAL HELPLINE
24/7 mental health and substance abuse information
800-662-4357 | samhsa.gov

NATIONAL SUICIDE PREVENTION LIFELINE
Free and confidential support for people in distress
800-273-8255 | suicidepreventionlifeline.org

SAFE VOICE
Anonymous bullying reporting app for students
833-216-7233 | safevoicenv.org

PACER’S NATIONAL BULLYING PREVENTION CENTER
Bullying resources for educators, parents, and youth
800-537-2237 | pacer.org/bullying

#SAFEALLIES
Support and resources for Nevada parents and youth
800-216-5188 | nvpep.org/safe-allies

YOUTH MOVE NEVADA PODCAST
A podcast on youth topics and mental health
800-216-5188 | nvpep.org/youth-move
GET INVOLVED WITH YOUTH MOVE NEVADA:

Visit our Website at youthmovenv.org

Register for virtual peer-led meetings for youth ages 14-24

Give us a call at 1-800-216-5188

Email us at youthmovenv@nvpep.org