

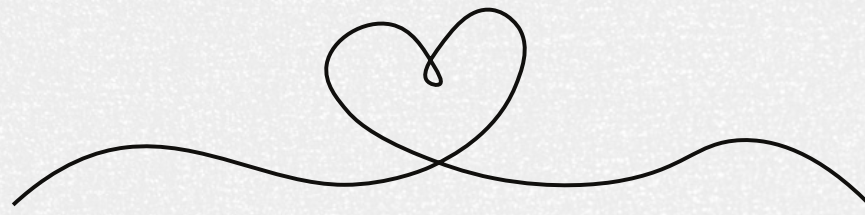
KINDNESS IS CONTAGIOUS

Practice Mindful
Kindness



PLAY
ATTENTION

KINDNESS IS CONTAGIOUS



Summer Mindfulness *Challenge*

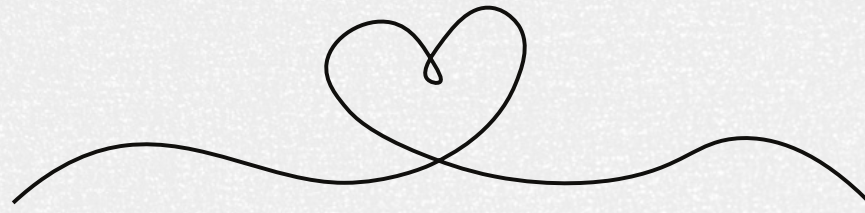
Day 6: Mindful Kindness
This exercise may be done
throughout your day



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Kindness *is important*

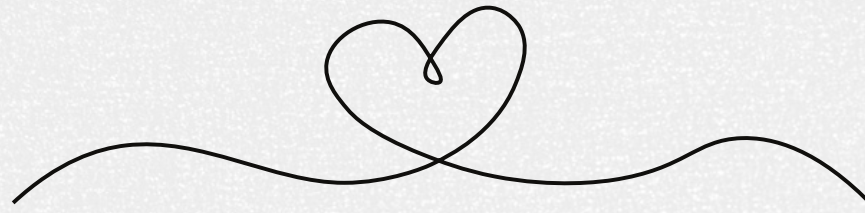
Kindness is defined as the quality of being friendly, generous, and considerate.

Kindness affects both our minds and hearts. Kindness to others and ourselves can lower blood pressure and reduce stress. Long term kindness can re-wire our brain towards positive outlooks and less negative self-talk.

Additionally, those who demonstrate goodness report increased happiness, healthier hearts, slower aging, and better relationships.



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Mindfulness & Kindness

Is there a connection?

New studies suggest that training in mindfulness may help us show more care and compassion toward others.

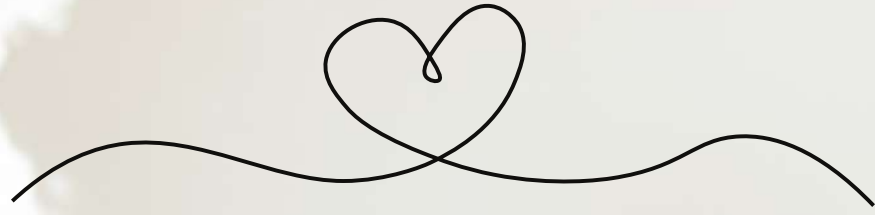
Research "points to the likelihood that mindfulness meditation does lead to "prosocial" (kind and caring) feelings and thoughts, and more compassionate behavior towards others. And it may do so by training people in mindful awareness."

greatergood.berkeley.edu



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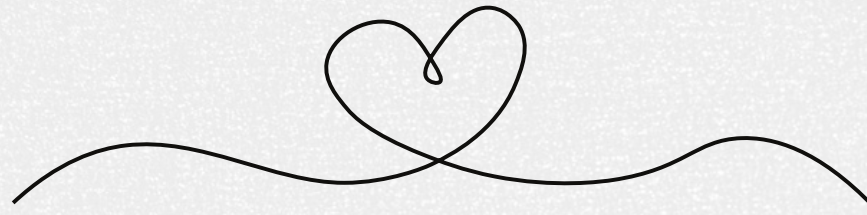


Today's Practice

Let's be mindful of the people we love



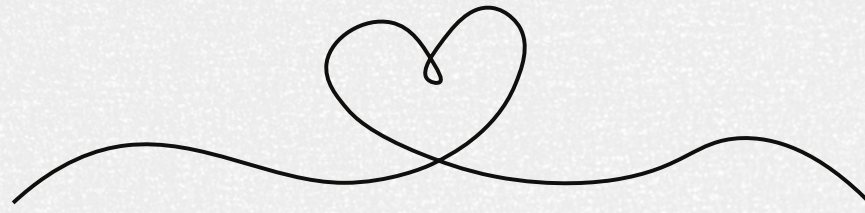
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"Scan your environment today for things that remind you of people you love and text them to let them know you thought of them, and why."



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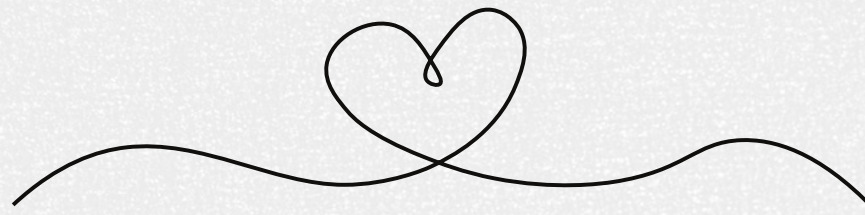


"This is a win/win because looking for things in your environment that make you think of people you love will get you out of your head and pull you into the moment. And sharing these things with other people will make them feel valued and loved.

Use all your senses for this one. Maybe it's the smell of a certain food that brings you back to an amazing meal you shared with a friend. Or it's a song on the radio that you and your sister listened to obsessively in high school. Or it's the feeling of snow crunching under your shoes that reminds you of a particularly memorable ski trip with your cousin."



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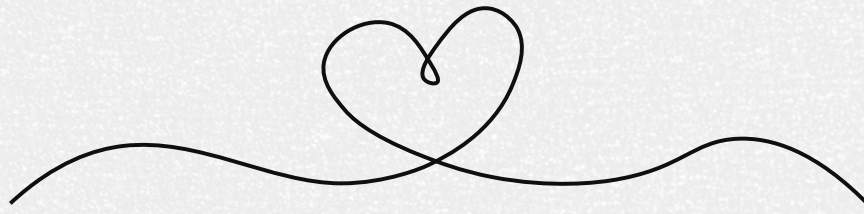
Mindfulness & Kindness

A little attention is the best gift we can
give the ones we love.



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There are certain cognitive skills you need to have control over in order to express kindness and empathy.

Attention: You must be able to pay attention to what other people are saying to you during important conversations. You need to be fully engaged and present for the other person.

Social Awareness: You need to pay attention to social cues in order to respond to others appropriately.

Impulse Control: You must control your impulsivity, so you do not interrupt friends and family members when they are communicating with you.

Memory: You need to remember past conversations in order to follow up and ask your loved one how things are going with issues that were important to them or concerning.

Play Attention can help. Your Play Attention program is specifically designed to strengthen the cognitive skills that lay the foundation for strong executive function. If you have strong executive function, you will have the ability to effectively communicate with others and develop strong, meaningful relationships.

We can help you improve:

- Attention
- Impulse Control
- Processing Speed
- Social Skills
- Working Memory
- Auditory Processing
- Emotion Regulation
- Self-Regulation



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