

## **Mindfulness: So, what about you?**

Parenting a child who has developmental trauma is highly stressful, living in their anxiety, anger and chaos takes a huge toll on your mental health and emotional wellbeing. To help you to manage this Mindfulness is a simple tool to get your brainwaves back to their healthy level. It is also a good way to sell change to your child if they see that you are prepared to do it too. There are lots of Mindfulness tools on the market from adult colouring books, check out any book store to CD's and phone apps. Find the right one for you and give it a go.

### **Different mindfulness practices**

As well as practicing mindfulness in daily life, it can be helpful to set aside time for a more formal mindfulness practice.

Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander

Yoga and [tai-chi](#) can also help with developing awareness of your breathing.

Visit the Mental Health Foundation's website for an [online mindfulness course](#) or details of mindfulness teachers in your area.

Mindfulness in adults helps to:

- Reduce anxiety
- Reduce depressions and a sense of hopelessness
- Increase tolerance
- Increase problem solving skills

All of these are helpful for parenting a child with Developmental Trauma. If you have a phone, why not try some mindful apps, or get a book or mindfulness tape/CD/download.