



## **The Power of Mindfulness: How a meditation practice can help kids become less anxious, more focused**

From [Juliann Garey, Child Mind Institute](#):

By now there's a good chance you've heard the term "mindfulness." Suddenly, it seems to be everywhere—touted as the new yoga, the answer to stress, the alternative to Xanax. But beyond the buzz, what is it? Jon Kabat-Zinn, the scientist and widely recognized father of contemporary, medically-based mindfulness—over 30 years ago he developed a therapeutic meditation practice known as Mindful Based Stress Reduction (MBSR)—defines mindfulness simply as "paying attention in a particular way: on purpose, in the present moment and non-judgmentally."

That's the short version. To expand on that just a little, mindfulness is a meditation practice that begins with paying attention to breathing in order to focus on the here and now—not what might have been or what you're worried could be. The ultimate goal is to give you enough distance from disturbing thoughts and emotions to be able to observe them without immediately reacting to them.

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