



FAMILIES TACKLING TOUGH TIMES TOGETHER



FAMILY

YOUNG ADULTS

We Can Get Stronger! Transcendence and Spirituality

Many news stories and personal accounts have mentioned that, although the pandemic is hard, it has also provided us with a chance to step back, slow down, and look at our priorities. Oftentimes our focus is either on the future and what comes next or on the past and the choices we've already made. The problem with this is that we cannot change the past or predict the future. The best we can do is to focus on the present and make the best decisions we can based on the information we have.

Mindfulness

Mindfulness is something we can easily include into our daily lives. By being aware of what is happening right in front of us, mindfulness allows us to get in touch with our emotions, how our body feels, and the thoughts drifting through our minds. [Researchers](#) have shown that regular mindfulness practice leads to many positive effects. These may include sleeping better, less stress, better attention, and improved overall health.

Sometimes it can help to bring a little structure to our mindfulness. For example, we could train ourselves to be more mindful and aware every time we go through a door, feel the wind blow, put our shoes on, or turn on a light. Everyday activities can help us remember that life is precious.

Activities

Internal Actions

- You can do a lot for yourself when you actively watch for the “nuggets” of wonder and beauty that are around you. They can be things like the smell of something baking in the kitchen, a smile from a stranger, a colorful leaf on the sidewalk, the memory of a friend you have not thought about in a while, or hearing a song that makes you want to sing along and dance.

External Actions

- Practicing mindfulness can also be done as a family. You may wish to try a [mindfulness app](#) with a sibling, parent, or someone else. Talk to each other about how you feel after doing it.

Video Resources

- [All It Takes Is 10 Mindful Minutes](#)
- [The Habits of Happiness](#)

To learn more about the science behind how mindfulness and meditation help foster resilience, you may wish to read the below research:

- [Meditating role of resilience in the impact of mindfulness on life satisfaction and affect as indices of subjective well-being.](#)