



Mind Matters supports the healing process in young people, ages 12 and up, who have experienced ACEs and other traumas.

Mind Matters Minutes is an online set of practices that facilitators or teachers can use with youth both virtually and in-person in schools and community settings.

Topics covered –

- Focused Breathing and other Breath Exercises
- Body Scan
- Loving-Kindness
- Wheel of Awareness

For instance, the mindful exercise “*Focused Breath*” helps people be in the present and grow the space between stimuli and response.

Try this later:

“Focused Breath”

- *Sit quietly, soften your gaze, and breath naturally*
- *With next breath in, count to 4, hold for 4, and exhale for 4 counts.*
- *Continue for a couple of minutes.*
- *Notice how your breath comes and goes and what is happening in your body*