



# The Resilience Project

## Parent and Carer Video Series

AT A GLANCE

Mindfulness is our ability to be present at any given moment. We practise this by using intentional awareness and concentrating on what you are doing when you are doing it.

Mindfulness



The Resilience Project delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.

### Parent and Carer Hub

Thousands of studies into Mindfulness indicate that with regular practise, Mindfulness can lead to benefits such as; reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

Part 4 - Mindfulness: <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

Mindfulness can be practised through meditation, yoga, flow-states and daily activities such as cooking.

Source: [UC Berkeley](#), [Greater Good Science](#), [American Psychological Association](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

