

## Mindfulness and Family

From: Mindfulness for Teen Worry  
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Family is not an important thing - It's everything.

- Michael J. Fox

Managing emotions related to common family interactions through  
Mindfulness.

- Focus on the love and caring intentions of family members (even when you may disagree)
- Reflect on the loving concern for you without judgement (It's easy to pass judgement when anger and frustration gets in the way). **Breathe in** loving concern
- Acknowledge negative thoughts and feelings you may have had during past conflict and remind yourself that this is not the present, it's in the past (or put it in the past). **Breathe out** negative thoughts and feelings
- Think about the unbreakable circle of support your family holds (even when there are disagreements) **Breathe in** the loving concern
- Send them the feelings of peace and gratitude (unconditional) **Breathe out** the love and forgiveness
- ★ Think about how to reflect on situations without impulsive negativity
- ★ Look at issues, conflicts and disagreements through others' perspectives

