



# StarDust Academy

mindfulness • coaching • wellness

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*Mind your own mind...*



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# Mindfulness

Mindfulness is a process that leads to a mental state characterized by **nonjudgmental awareness** of the present experiences, such as sensations, thoughts, bodily states, and the environment. It enables us to **distance ourselves** from our thoughts and feelings **without labeling** them as good or bad.



# Connection

“In a world of algorithms, hashtags and followers, know the importance of human connection”



Our brains evolved to experience threats to our social connections in much the same way they experience physical pain.

The neural link between social and physical pain also ensures that staying connected will be a lifelong need, like food and warmth.

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# Mindfulness based therapy

The goal of mindfulness-based therapy is to help people change thoughts that are unproductive. This might include patterns of thought that aren't serving you well, or other types of behaviours and emotional responses.



# *Our brains*

Research has now **shown** that our brains have the **ability** to **change** , this is called **Neuroplasticity**

Studies have now shown that practicing **mindfulness** daily shrinks the **Amygdala** over time and thickens the **pre-frontal cortex** as well as the **hippocampus** which helps **memory** and **learning**



# Stress, anxiety and resilience

This very **physical response** is preparing you to face an **intense situation**. This kind of response is also known as **Fight, Flight or Freeze**

**Build** resilience and self esteem from **inside out** – Teaching **boundaries** so that children **understand** that life doesn't always go as **planned** and that's okay.

Be **connected** with your own **choices**

Be concerned only with how **you** are thinking, speaking and behaving

# Just Breath

Did **YOU** know... ?

Our thinking/logical brain is **15 seconds** behind our emotional brain

That's where "just take a **deep breath**" or "have a **sip of water**" comes from as this

gives our **logical** brain a chance and puts **space** between the **stimulus**

and our **response**.





*“We can't always choose our our thoughts or how they make us feel, but we do have the power to choose how we express them”*



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*Mind your own mind - 8 week course supporting both parents  
and children on their journey to becoming more mindful*

Positive self regard and self awareness  
Reframing negative thought patterns  
Positive self talk  
Resilience and grit  
Positive body image  
Positive self esteem & Self confidence  
Decision making and goal setting skills

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*Thank you*



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