



Families' and Children's Adjustment Study

Mindfulness in Everyday Life by Priscilla Chan, M.A.

Summer is officially in the air! When I think of summertime, my thoughts go to weekend trips to beaches and finding an excuse to spend as much time outside as possible.

I also equate summer with relaxation. But doesn't it seem like it can be quite difficult to find time to relax and be in the moment? I know I do. I recently took an 8-week course on Mindfulness and learning about it has helped me appreciate the every day moments that I can easily overlook.

Mindfulness is the idea of being aware in the moment in a nonjudgmental way. In other words, actively paying attention to every day activities or thoughts that we normally don't pay attention to whether it's for five minutes or an hour. Studies have shown that practicing mindfulness can improve concentration and enhance mood, among other positive outcomes.

While it can seem daunting to incorporate mindfulness practice in your daily life, hopefully these tips can help you start practicing and find time to relax this summer.

- (1) **Don't stress about it:** One important tenet of

mindfulness is having it be something that works for you and to be open-minded and nonjudgmental. If you can only do five minutes, then that's great.

- (2) **Turn off the autopilot:** A lot of things we do every day, we do without thinking. Take the time to really engage in what you're doing, whether that's washing the dishes, spending time with your kids, or taking a short break during the workday. Turn off the automatic thinking and try to engage in the moment. Listen to the sounds outside, pay attention to how the soapsuds feel as you're washing the dishes. If your mind wanders, that's okay too. Use all five senses to experience each situation.

- (3) **Start with your breath:** The easiest mindfulness exercise to start with is just paying attention to your breath as you breathe in and out. Pay attention to whether you breathe from your

nose or your mouth. Does your breath feel cool or warm?

- (4) **Wandering mind:** If your mind wanders during mindfulness practice, remember to tell yourself that it's okay. As soon as you notice, just bring your attention back to the exercise, whether that's listening to the sounds or watching your breath.
- (5) **Find the right time to practice:** The best way to start something is to be consistent when you do it. Try picking a time that isn't stressful for you and an appropriate amount of time that fits in your schedule. If you pick a time that doesn't work, try a new one the next day. Mindfulness is all about what works best for you.

With a bit of practice, hopefully trying mindfulness will increase your appreciation for everyday situations and help you get in some relaxation that we all need! Happy Summer!

If there have been any changes in your own contact information, please let us know as soon as possible - Thank you!

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Fun, Free Things To Do In Boston

The summer is a great time to explore all that Boston has to offer. If you are interested in learning some history or enjoying the beautiful weather, check out our suggestions for fun, free things to do in Boston!

Want a little bit of history? Check out the 2.5 mile long Freedom Trail. Visitors experience 16 historical sites, such as the Boston Massacre and Paul Revere House.

Want some war history? Visit the Bunker Hill Monument in Charlestown, which has been marked as the first major battle of the Revolutionary War. The monument is open from 9am until 5pm.

For additional war history, stop by the USS Constitution in the Charlestown Navy Yard. This historical ship represents America's involvement in the War

of 1812, a time in which the U.S. proved itself as a supreme naval power.

There are plenty of guided tours for free as well! Interested in books, rare art and multimedia exhibits? Check out the Bos-



Boston Common, from Google images.

ton Public Library in Copely Square, where free tours are held all week long: Mondays 2:30pm, Tuesdays & Thursdays 6pm, and Fridays & Saturdays 11am.

Enjoy museums? The museum of Fine Arts has free admission on Wednesdays from 4pm until 9:45pm. The Peabody Essex Museum in Salem is free the first Friday of the month from 5pm until 8pm. Additionally, the Commonwealth Museum in Columbia Point is free everyday!

Boston also has many beautiful parks:

- The Boston Common, which overlooks the beautiful State House
- Emerald Necklace, which is located near the Western Neighborhoods and offers free admission to its zoo!

Summer Safety Tips

The summer is a great time to enjoy the outdoors, but excess heat and sun can be dangerous. Read our summer safety tips for safe and healthy ways to enjoy the summer months!

Sun & Heat Protection

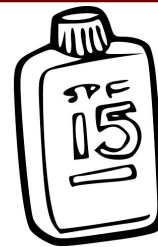
Stay out of the sun during the peak heat hours between 10am and 4pm, and limit your outdoor exercise to the morning or evening. If you must be outside, try to find

a shady place to rest.

Put on plenty of sunscreen and reapply throughout the day, especially after sweating or swimming. Use sunscreen with SPF 15 or higher.

Drink plenty of water to stay hydrated; don't wait until you are thirsty!

Avoid drinks with lots of sugar, because they



lead to loss of bodily fluid and can lead to rapid dehydration.

Feeling Faint? Apply a cold wash-rag or an ice pack to the wrists, the back of the neck, or the area behind the knees.

Food Protection

While on a picnic, keep perishable foods (meat, poultry, eggs, salad) cool by keeping them in a cooler with ice.

Recognizing and Treating Heat Exhaustion

Heat exhaustion is a relatively common illness during the summer. However, it is possible to prevent this illness by following our summer safety tips and by becoming familiar with the heat exhaustion symptoms that are listed below.

Heat Exhaustion Symptoms Include:

- Headache
- Dizziness
- Sudden Fever (less than 104 degrees)

- Nausea and/or vomiting
- Muscle or stomach cramps
- Extreme sweating
- Hot and flushed skin that may feel clammy
- Rapid pulse

Treating Heat Exhaustion

Get the ill individual into the shade and out of the sun. Next, have the ill individual drink plenty of fluids, such as water, Ga-

torade or juice to replenish their bodily fluids. It may also be useful to use a fan or a spray water bottle to cool the individual's body. Importantly, make sure the individual does not go into the sun for 12-24 hours.



Family Activities to Fight Summer Boredom

With the kids out of school, there is no better time than the summer to catch up on some family bonding! Below we have listed suggestions on creative ways for parents and kids to combat summer boredom together.

Make movies and put on plays! Parents and kids can work together to write a script, and the play can be documented by video-taping it. Don't have a video-camera? Act out the play around town!

Have an arts and crafts day by getting creative with supplies found around the house. With materials such as, construction paper, scissors, glue, glitter and cardboard boxes, imaginations can run free!

Garden outside to plant your favorite flowers or vegetables. Gardening is a great way to get the hands dirty while

enjoying the beauty of nature. It also provides a wonderful way to eat healthy.

Take a day trip to a local park, beach or museum.

Have a lemonade stand or a car wash. Have fun as a family while the kids get to make a few extra bucks!

Go on a family bike ride to stretch the legs

and get some extra exercise. After the ride, stop at a local ice cream parlor to cool down.

If it's raining or the sun is blistering hot outside, stay indoors and play cards or board games. Families can even work together to make up their own board game.

Go swimming or have a water fight in your backyard! Have a slip 'n slide or water balloons lying around? Pull them out for some fun in the sun.

Designate a family movie night. Pick a few movies for a marathon, pop some popcorn, and kick your feet up for a relaxing evening.

Star gaze at night and see how many constellations you can pick out.

Go to a Red Sox game!



Fenway Park, Google images

Cook's Corner

Interested in eating healthy this summer? Check out our delicious, healthy, summer snack ideas!

Strawberry Frozen Yogurt

(<http://familyfun.go.com/summer/summer-recipes/>)



2 cups fresh strawberries

6 ounces nonfat French vanilla yogurt

Freeze 2 cups of fresh strawberries. Combine the frozen strawberries with 6 ounces of nonfat French vanilla yogurt in a blender and blend until smooth. Serve immediately.

Guacamole

(<http://allrecipes.com/Recipe/Guacamole/Detail.aspx>)

3 avocados—peeled, pitted, and mashed

1 lime, juiced

1 teaspoon salt

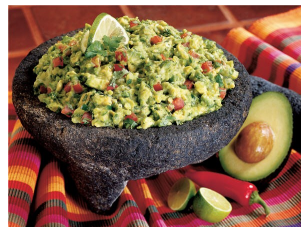
1/2 cup diced onion

3 tablespoons chopped fresh cilantro

2 roma (plum) tomatoes, diced

1 tablespoon minced garlic

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.



Sparkling Red and Green Tea

(<http://www.bhg.com/recipe/drinks/sparkling-red-and-green-tea/>)

Bring 2 cups water to boiling. Steep 4 individual-size green (or red) tea bags in boiling water, according to tea package directions. Remove and discard tea bags. Stir a 12-ounce can of frozen juice concentrate (such as cranberry-raspberry or apple-cherry) into tea mixture. Cover and chill mixture until serving time. To serve, fill a tall ice filled glass 1/4 full with the tea mixture. Top with chilled sparkling water or club soda. Garnish with a few fresh berries and lemon wedge.

Therapy Study for Children with Depression

At Boston University

Do you know a child who...

- Appears sad or down?
- Has lost pleasure in fun activities?
- Feels hopeless?
- Is more irritable than usual?
- Complains of aches and pains?
- Has withdrawn from friends or family?

The **S.O.S.** Study

Systems of Support

- Free sessions with a therapist for children ages 7-15 with depression
- Payments for participation
- Located in Kenmore Square

If you know a child who may be eligible to participate, please do not hesitate to call or email us:

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