

Remember when you were a kid and life was fun? You did the things you loved and never watched the clock. There is so much that we can learn as adults from children about the practice we call “mindfulness.” Here are some tips to take from the little ones on how to reduce your stress and live in the moment.

**Let it out:** As a kid, if something is bothering you, you’d let it out. Whether it was a tantrum in the grocery store or a crying jag on the way to school, you were an expert in honoring your feelings and getting them out of your system. As we got older, we become more skilled in stuffing down our feelings. Finding the happy medium is definitely key, but there’s much to be said about getting those uncomfortable feelings out of your system as soon as they come up.

**Do more of what you love:** Remember in the summer when you played outside until you were so tired you couldn’t stand? Remember playing with friends, art projects and trips to the zoo? As a kid, although your schedule is made for you, the emphasis is on balance. As an adult, we’re all about work. Living a life without passion is an empty one and one with a great deal of stress. Find the time to do more of what you love and greater health will be available to you.

**Go for it:** Ask a kid to do anything from jump over a puddle to ride their bike and they’ll give it their all. Sure, homework or school might not have the same appeal, but the idea is that they’ll give 100% to things they love. As adults, we’ve perfected multi-tasking and giving less than 100%. Give it your all, do your best and life will be much better.

**Laugh at yourself:** As a yoga teacher, I teach kids as well as adults. It never ceases to amaze me how easily kids laugh at themselves in yoga class (regardless of age) but how critical adults are of their actions in class. Learn from kids to keep things light. Take the pressure off and realize being perfect is impossible but being real is beautiful.

**Ask questions:** Kids are constantly in a state of inquiry. “How is this made?” “Where did this come from?” “How long until we get there?” As adults, we either think we know it all or we pretend to know it all. Ask to be clear, especially when it comes to feelings and emotions. Don’t be afraid to say, “I don’t know.” Have a sense of wonder about you around everything from nature to work to relationships. It will help you stay present and grounded.

To get started with a mindfulness practice, visit [mindfulhub.com](http://mindfulhub.com).

*We wish you 20 minutes of mindfulness each day!*

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