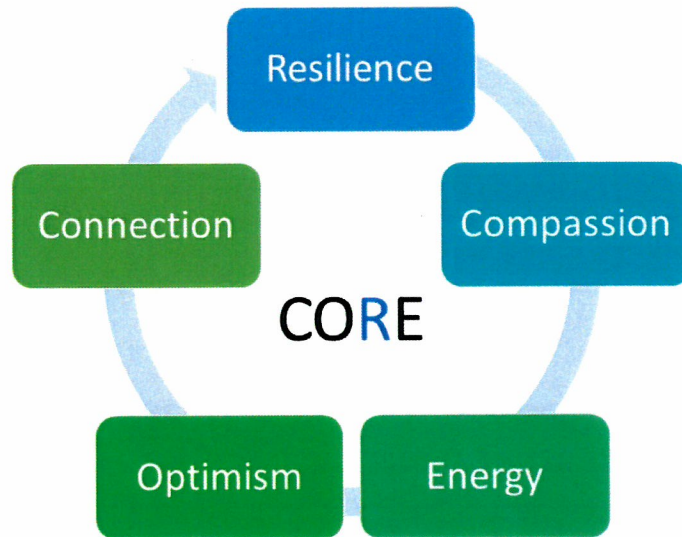


**Mindful Parenting: Easy Practices
For Raising Creative, Engaged, Happy Kids**



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CORE – Connections, Optimism, Resilience and Energy
Growth Mindset + Mindfulness = Resilience!

Connections – Ways to cultivate love and compassion in your lives?

Optimism – What are you excited about? What are you grateful for?

Resilience – Events and Challenges you have overcome

Energy – Physical Activity, Healthy Eating and Time for Life!

\\Myla / Jon Kabat-Zinn: **Everyday Blessings: The Inner Work of Mindful Parenting**

Eline Snel/Myla Kabat-Zinn **Sitting Still Like a Frog: Mindfulness Exercises for Kids
(and Their Parents)**

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Make Stress Your Friend - Quiz

We want your feedback on how to help, support and train you on stress management.

Dr K will send guided meditation video links for your confidential response.

1. How does stress currently impact your work, relationships and health?
2. How do you cope with stress, anxiety and health issues today?
3. What do you like about your current approaches to deal with stress?
4. What do you dislike about your current stress coping method?

How do you plan to use information from this workshop?

What are some additional skills and knowledge you would like to gain? (Please mark)

- Meditation/Mindfulness Yoga or Tai Chi setting boundaries
- Relaxing through Nourishing Food and Moderate Exercise,
- Journaling Managing negative feelings, Finding purpose and meaning

Additional Comments: Please use back of the sheet for additional comments

Would you like to attend another session like this tailored to the interests of the group in the future? Yes or No – If Yes, please share your name and email address

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