



MENTAL HEALTH MONDAYS



Key Takeaways – April 20, 2020 | 2 p.m.

Laura Grabinski, certified yoga teacher and teacher at her studio, Lo's Yoga, Naples

“Creating Unity and Mindfulness through Family Yoga”

- 1 Breath work is an important calming tool.** Breathing exercises and holding your breath teaches you how to regulate your nervous system so that when things become overwhelming, you can easily take a breath and practice coming back to calm. You find that your nervous system doesn't have to be in a state of shock. Your breath will come back if you welcome it and invite it. Mindful breathing trains the body, the mind, the breath, the nervous system to relax. For children, I practice Magic Breath, which helps them to breath in and out and think happy thoughts. For adults, an easy breathing exercise is to inhale through your mouth for five counts, hold your breath for seven counts and exhale through your mouth for nine counts. It's a natural way to rely on your own energy to calm down.
- 2 Yoga is beneficial for kids (and adults!).** Kids are so used to getting information from others. Yoga gives them the opportunity to still and listen to their own minds. Listen to their own bodies. To learn that they can do more than what they think they can do if they slow down and take the time to do it. Yoga teaches them to be more self-dependent and resilient and to find balance within their own mental and physical scopes of their body. Yoga helps achieve emotional balance by quieting down, but still being able to move in ways that are exciting and challenging. The health benefits of getting children moving and quieting down the noise around them helps them stay grounded.
- 3 Find the yoga practice that works for you.** The more you practice, the better the benefits. There's yoga for better concentration. Yoga for sports. Yoga to overcome challenges. Yoga for swimming. There are so many kinds of yoga. It's about finding the one that's best suited for you and what your needs are. There's definitely a benefit. Even if you can't physically move. Breathing is yoga. Sitting still with your mind and your body is yoga. Yoga started as a very meditational practice. It has only evolved into this physical practice. The more you do it, the better you get at it.



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About Kids' Minds Matter

The goal of Kids' Minds Matter is to raise awareness about the need for pediatric mental and behavioral health care services and to raise the funds required to make these services available in the region through Golisano Children's Hospital of Southwest Florida and Lee Health. An estimated 46,000 Southwest Florida children are impacted by mental and behavioral health disorders like anxiety, depression, eating disorders, psychosis, substance abuse, autism and attention deficit hyperactivity disorder. As part of the region's strategic solution to the children's mental and behavioral health epidemic in Southwest Florida, Kids' Minds Matter is dedicated to fostering partnerships that support existing services, identifying and filling gaps in the continuum of care, and innovating new treatments.

Philanthropic support for Kids' Minds Matter has allowed Lee Health and Golisano Children's Hospital of Southwest Florida to: implement a tiered model of care that clinically aligns community, inpatient and outpatient care; hire additional psychiatrists, child advocates and other mental health professionals; offer Mental Health First Aid training to local pediatricians, emergency service providers and others who work directly with children; renovate an outpatient center in Fort Myers where a child's needs can be addressed in a therapeutic setting; and launch a first-of-its-kind Pediatric Digital Cognitive Behavioral Health diagnostic and treatment protocols interlaced with Tele-Psychology support to treat anxiety, depression and trauma. Most recently, Kids' Minds Matter introduced mental health care navigators into Lee and Collier County schools who will help families find resources and care to address their child's mental healthcare needs.

The "Mental Health Mondays" segments are a public forum, designed for open discussions that benefit a large audience, and to provide real-time resources and advice from pediatric mental health professionals and advocates. The information shared on this platform is intended for general public consumption and not intended for individual treatment. The views, advice, and resources shared by each guest speaker are solely their own and are not endorsed by Lee Health, Golisano Children's Hospital of Southwest Florida and Kids' Minds Matter. Kids' Minds Matter is dedicated to raising awareness and essential funding to enhance pediatric mental & behavioral health programs, services and access to care in Southwest Florida. To learn more about Kids' Minds Matter, visit [KidsMindsMatter.com](https://www.KidsMindsMatter.com).

