

# Not all minds who wander are lost

**Charlotte Sellers, Reporter**

From fidget spinners to furbies, trends come and go. The new global craze is Mindfulness. From Laurie Santos' studies at Yale to the "it" girl.

Can a better mentality really clear your skin and be cashed in at the bank?

According to the CDC mindfulness is on the rise with one study indicating "use of meditation increased significantly for U.S. children from 0.6% in 2012 to 5.4% in 2017". A number that only has increased after the pandemic. In an age where social media rules especially among the youth of America and the world is recovering from a global pandemic, mindfulness seems to be the last thing on people's minds. A challenge Cheyenne Mountain's mindfulness club meets every Friday at 8 for 20 minutes in Mr Lawson's room to grapple.

Society values productivity and the faster something can be done the better. People eat, work, sleep, and repeat. Mindfulness teaches that when eating, focus on each bite and the meal becomes more enjoyable. One study found a link between mindfulness and positive changes in the brain improving learning and emotion. At high schools like Cheyenne between homework and extracurriculars focusing on slowing down is a challenge, enter Mindfulness Club. Started last year, the Mindfulness Club strives to improve the well-being of the Cheyenne student body.

Junior Alexandra Nelson, a frequent attender said, "I really like going to mindfulness club and the fact that it's on Friday allows me to feel relieved before my busy weekends".

Utilized at any time and coming in all different shapes allowing it to be transplanted into busy schedules Mindfulness is versatile . A 5 minute breathing exercise as preparation for a stressful meeting. A nature walk as a distraction before an important presentation. Moving one's body even for half an hour each day makes a difference. CDC research concluded that "8.4% of children (4.9 million) aged 4-17 years used yoga" which was likely to relieve pent up energy. During the pandemic parents needed an alternative to TV. Mindfulness seemed to be a perfect solution, but is easier said than done.

President of the Mindfulness Club, Opal O'Rourke said, "It's really easy to start mindfulness but harder to stick with it. It requires a lot of dedication, but is definitely worth it." From body scans to meditations focusing on being mindful rather than busy schedules and to do lists is a challenge, but practice makes perfect. Living in a society that idolizes happiness the phrase "you aren't happy enough" is tossed around. Mindfulness teaches that happiness is a process, a journey filled with joy as well as grief. It is realizing that the little moments aren't very little at all.



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Left to right: Juniors Meg Devanny, Shea Devanny, Michasia Randolph, and Opal O'Rourke at Mindfulness Club.