

Mindfulness and Presence: A Path to Inner Strength



WHAT IS MINDFULNESS AND PRESENCE?

Mindfulness means paying full attention to the present moment without judgment. It's about being here now, noticing your thoughts, feelings, and surroundings like the wind on your skin or the rhythm of your breath. Presence is staying grounded in the "now," letting go of past worries or future fears. In our Native communities, this echoes ancient ways of connecting with the earth and ourselves.

WHY IT MATTERS:

Constant stress, anxiety, depression, and trauma often keep the nervous system in a constant state of alert. Mindfulness helps calm the body and brain by strengthening the connection between awareness and regulation.

By noticing thoughts and feelings without immediately reacting to them, individuals gain space to respond in healthier, more intentional ways.

Mindfulness helps break cycles of anxiety, depression, and burnout by training the mind to focus, reducing rumination and negative thought patterns. It fosters resilience, honoring our ancestors' strength while supporting modern well-being.

IT'S OKAY TO ASK FOR HELP!

SUPPORT

All Nations Crisis Textline

For Relatives living in Nebraska

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8am-Midnight

society of care



BENEFITS OF PRACTICING MINDFULNESS AND PRESENCE

Regular practice lowers stress hormones, improves sleep, boosts mood, and enhances relationships. It sharpens focus, builds self-compassion, and promotes emotional balance. Studies show it reduces symptoms of PTSD and addiction, empowering us to heal and thrive as individuals and communities.

HOW TO PRACTICE MINDFULNESS AND PRESENCE:



BREATHING EXERCISE:

Sit quietly, inhale deeply for 4 counts, hold for 4, exhale for 4. Do this for 5 minutes daily, imagining roots grounding you to the earth.



NATURE WALK:

Stroll outside, notice colors, sounds, and textures without distraction. If thoughts wander, gently return to the moment.



BODY SCAN:

Lie down, focus on each body part from toes to head, releasing tension.

Sources: <https://www.mindful.org/all-our-relations-four-indigenous-lessons-on-mindfulness/>
<https://www.sophe.org/wp-content/uploads/2020/05/Mental-Health-Mindfulness-Toolkit-1.pdf>
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