

# 10. The Mindful Family™

Articles and tips on how to create a mindful family and raise mindful children.

## Why should you help your children and family learn to cope with stress?

Studies show that long-term stress, also known as chronic stress, can have detrimental effects on your mind and body. We risk many physical and psychological health problems when we don't teach our children and ourselves how to mindfully deal with stress.

Two decades of research shows that when you learn mindfulness-based stress reduction tools:

- You can experience a decrease in physical and psychological symptoms
- You increase your ability to relax
- You have higher self-esteem (you feel better about yourself and more in control)
- You have a more positive outlook on life and experience more energy and enthusiasm for life
- You can cope better with the stressful situations of life
- You can reduce your experience of your pain levels
- You can give yourself an immune boost

These benefits accrue to both children and parents.

### The Mindful Family:

- More peaceful family life
- More social support, compassion, listening and awareness for family members
- More intimacy and stronger social connection in the family



The Stress Institute

# Contact Us

**We are delighted to provide you  
any additional information you require.**

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