

Mindfulness and Relaxation Techniques in Children

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Abstract

In today's fast-paced and technology-driven world, children are exposed to an array of stressors that can affect their mental and physical well-being. The pressures of academic performance, social interactions, and extracurricular activities can lead to anxiety, stress, and emotional dysregulation. Incorporating mindfulness and relaxation techniques into children's routines can be a powerful tool to help them manage stress, improve focus, and enhance emotional resilience.

Keywords: C

Introduction

Methodology

Benefits of mindfulness and relaxation techniques for children

Emotional regulation

Reduced anxiety and stress

Improved focus and attention

Enhanced self-awareness

Better sleep

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Received: 03-June-2024, Manuscript No: jcalb-24-139672, **Editor Assigned:** 05-June-2024, pre QC No: jcalb-24-139672 (PQ), **Reviewed:** 19-June-2024, QC No: jcalb-24-139672, **Revised:** 21-June-2024, Manuscript No: jcalb-24-139672 (R), **Published:** 28-June-2024, DOI: 10.4172/2375-4494.1000648

Citation: Francis D (2024) Mindfulness and Relaxation Techniques in Children. J Child Adolesc Behav 12: 648.

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Conclusion



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