



# MOVEMENT & MINDFULNESS

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“In every step, there is an opportunity to connect the mind and body, unlocking clarity and calm.”

”

### CURRENT RESEARCH:

In their 2015 article "Mindful Movement and Skilled Attention," Clark, Schumann, and Mostofsky explore the relationship between physical movement and cognitive functions such as attention and self-control. They propose that practices integrating mindful movement, like yoga and tai chi, not only enhance motor skills but also improve mental processes, particularly in individuals with developmental disorders like ADHD. The authors suggest that training in movement can strengthen the coordination between motor actions and cognitive goals, leading to better behavioral control and reduced impulsivity.

Clark D, Schumann F, Mostofsky SH. Mindful movement and skilled attention. *Front Hum Neurosci*. 2015 Jun 29;9:297. doi: 10.3389/fnhum.2015.00297. PMID: 26190986; PMCID: PMC451142.

**Skill Practice:** Choose a simple movement like stretching, walking, or gentle dancing. Move for 5 minutes while focusing on your breath and the sensations in your body. Reflect on how you felt.

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## BODY AWARENESS CHECK-IN

**Instructions:** Use the body diagram provided. Mark an “X” on any area where you feel tension. Close your eyes and take five deep breaths while imagining those areas softening.

**Reflection Prompt:** What sensations changed during this exercise?



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