

# Mind Full, or Mindful?



# What is mindfulness?

At its heart mindfulness training teaches us to pay attention to the present moment through simple breathing and meditation practices which increase awareness of thoughts and feelings so as to reduce stress and anxiety and boost levels of attention and concentration



# Why is it helpful for students?

Successful completion of an A Level programme inevitably involves periods of stress, such as in the run up to examinations, that demand particularly high levels of cognitive control, emotional regulation and self-awareness. The aim of mindfulness training for students is to give students tools to help them remain calm, sustain their attention and to focus more consistently and appropriately in the face of these demands.

# Benefits of mindfulness



**Decreased Stress and Depression**

**Emotional Regulation**

**Improved Behaviour, Relationships and Social Skills**

**Reduced Fatigue**

**Improved Mood and Self-Esteem**

## **Academic Skills**

School mindfulness programs have been shown to improve working memory, attention. Mindfulness training has been shown to lead to a **15% gain in academic achievement** for students, after just 15 mindfulness sessions.



# How can it help?



Mindfulness training can offer all students tools that help:

- a) Those students who are performing well to perform even better as well as assisting those who are struggling.
- b) Minimise the negative effects of stress as and when they occur placing the goal of stress reduction within the normal teaching and learning curriculum as a resource available to all students not just to students in distress.
- c) To manage low mood/depression and reduce anxiety
- d) Maximise general well being and flourishing, building tools for life such as empathy, self-compassion, emotional resilience and tolerance.

# After Mindfulness Training

What if I fail the test?



**Event**

A problem  
or challenge

I'll take a mindful minute.



**Mindfulness**

Space between the  
event and reaction

It's going to be OK.



**Reaction**

Feelings and  
behaviors

