

what is mindfulness?

What mindfulness is:

A practice of stopping and noticing

Evidence-based

Training in attention and awareness

Endorsed by NICE
(National Institute of Clinical Excellence)

What mindfulness isn't:

~~Breathing Exercises~~

~~Yoga~~

~~Religious or Spiritual~~

~~Emptying Your Mind~~

~~Chilling Out~~

At its most basic level, mindfulness trains our attention to be more aware of what is actually happening, rather than worrying about what has happened or what might happen. We learn to bring greater curiosity to whatever it is we experience. This helps us to not only appreciate what is going well but to respond more skilfully in the here and now to life's inevitable challenges.

What's the point of mindfulness?

If you hear somebody claiming mindfulness is a cure for everything then please be careful! Nevertheless there is a growing body of increasingly robust research which points towards tangible benefits both for young people and those who care for them. In adults, mindfulness training has been shown to improve health and wellbeing.

After taking a mindfulness course, people of all ages have reported that they are able to learn new information more effectively, think more clearly and feel calmer and less anxious. Mindfulness is now recommended by the National Institute of Clinical Excellence and GPs are referring adults on to eight week mindfulness courses to reduce stress and help prevent recurrent depression. It is increasingly being used in the workplace to improve staff wellbeing and satisfaction, in sports training to improve performance, and with children and young people and in schools to enhance wellbeing and learning.

How do people learn mindfulness?

Mindfulness is always learned in a highly practical way, through direct experience of practices. We gradually learn to direct our attention in a more focused way to whatever is actually happening -whether it be our breathing, the sensations in our body, thoughts and feelings, or everyday activities such as walking and eating.

Is mindfulness difficult?

At first the mind wanders constantly, but with practice we learn to sustain our attention and direct it more skilfully. This helps break the grip of unhelpful mental habits, judgements and impulses, making way for greater calm, and for more helpful, kinder and rational thinking about all aspects of life. However, it takes practice!



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MiSP aims to bring mindfulness to all young people and those who care for them.

