

## AN INTRODUCTION TO MINDFULNESS

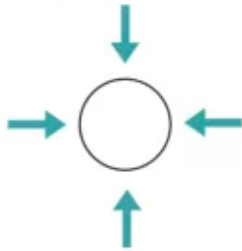
### **What is mindfulness?**

Mindfulness is an innate human capacity. It is our ability to attend to the present moment, with curiosity and without judgment.

*"Mindfulness is paying attention, on purpose, in the present moment."* Jon Kabat-Zinn

Mindfulness is three skills working together:

#### **Concentration Power**



the ability to focus  
on what you want,  
when you want

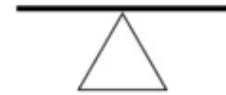
credit: Shinzen Young

#### **Sensory Clarity**



the ability to detect  
sensory events, and  
untangle all the elements  
of sensory events

#### **Equanimity**



the ability to let  
sensory experience  
come and go without  
push and pull

### **Mindfulness in Schools**

In schools, mindfulness programs help students with two skills that are fundamental to learning: **paying attention** and **regulating emotion**.

Mindfulness helps teachers manage the **stress** of teaching, cultivate **meaningful relationships** with students, and **communicate** and **respond effectively** in the classroom.

**Research indicates that the benefits of mindfulness for students include:**

- better focus and concentration
- increased sense of calm
- decreased stress and anxiety
- improved impulse control
- increased self-awareness
- more skillful responses to difficult emotions
- improvement in executive functioning
- increased empathy and understanding of others
- development of conflict resolution skills

## Starting a Personal Mindfulness Practice

A daily practice can consist of intentional moments for:

- Mindful breathing – seated
- Mindful listening, walking; mindful movement
- Body scan practice (visit [bit.ly/Mindfulteachers](http://bit.ly/Mindfulteachers) for links to free guided meditations)
- Mindful awareness throughout your day (where is my attention?)
  - While washing dishes, driving to work, eating breakfast, etc.

## There's an App for That!

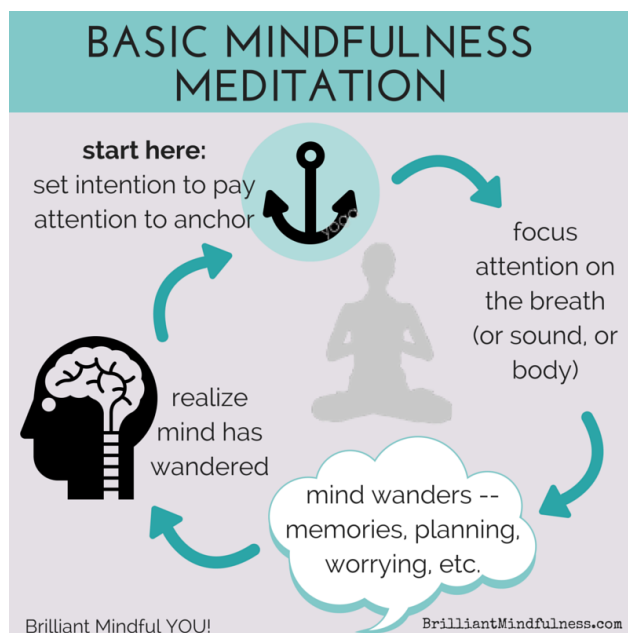
- 10% Happier
- Calm
- Insight Meditation Timer
- Headspace
- Stop, Breathe, and Think (for kids and teens)
- Smiling Mind (kids through adult)

## Recommended Reading

- *Full Catastrophe Living* by Jon Kabat-Zinn
- *Search Inside Yourself* by Chade-Meng Tan
- *10% Happier* by Dan Harris
- *Mindfulness* by Mark Williams and Danny Penman

## For Educators

- *Mindfulness for Teachers* by Patricia Jennings
- *The Way of Mindful Education* by Daniel Rechtschaffen
- *Brainstorm* by Dan Siegel (about the teenage brain)
- *The Invisible Classroom: Relationships, Neuroscience, and Mindfulness in School* by Kirke Olson
- MindfulSchools.org
- ChangetoChill.org



*“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”*

Victor Frankl

*“Most of us spend our time seeking happiness and security without acknowledging the underlying purpose of our search. Each of us is looking for a path back to the present: We are trying to find good enough reasons to be satisfied now. How we pay attention to the present moment largely determines the character of our experience and, therefore, the quality of our lives.”*

Sam Harris

In every moment of every day you have a choice:

***How am I going to BE WITH this present moment?***

*Please feel free to contact me!*

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