

What Is Mindfulness?



Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what *has* happened or *might* happen, it trains us to respond skilfully to whatever *is* happening right now, be that good or bad.



Brain imaging studies show that mindfulness practice reliably and profoundly alters the structure and function of the brain to improve the quality of thought, feeling and concern for others.

What's the point of mindfulness?

In adults, mindfulness training has been shown to improve health and wellbeing. People of all ages report after taking a mindfulness course that they have found that they can learn more effectively, think more clearly, perform better and feel calmer, less anxious and less depressed. Mindfulness is now recommended by the National Institute of Clinical Excellence and GPs are referring adults on 8 week courses to reduce stress and help prevent recurrent depression. It is increasingly being used in business 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 experience rather than talk. 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 it 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!



What mindfulness IS

- Paying attention to things as they happen
- A life-skill
- For some, a whole way of being
- Evidence-based

What is .b ?

.b is a fun, engaging and useful ten-session mindfulness course for young people, adapted from the adult courses Mindfulness-based Stress Reduction and Mindfulness-based Cognitive Therapy. It has been evaluated positively by the University of Cambridge and Oxford Brookes, and can be used in a wide range of contexts and age ranges.



What makes **.b** distinctive?

.b was carefully crafted by classroom teachers to engage everyone, including the most cynical of student audiences. It is taught with striking visuals, film clips and activities that bring mindfulness to life without losing the expertise and integrity of classic mindfulness teaching.

What are **.b**'s objectives?

.b aims to give students mindfulness as a life-skill. Students use it ...

- to feel happier, calmer and more fulfilled
- to get on better with others
- to help them concentrate and learn better
- to help cope with stress and anxiety
- to perform better music and sport.

Who can teach **.b**?

.b has to be taught by teachers who themselves practise mindfulness regularly. An adult 8-week MBCT/MBSR or **.b Foundations** course is a good start, followed by 6 months of developing a minimum daily practice of at least 20 minutes. Then, sign up for the **Teach .b** Certification Course, which gives the skills, confidence and materials to teach **.b** effectively to young people.

It's helped me to stop doing all that stupid stuff I do... and I like it

It helps me to gather up my thoughts. I can keep my mind focused, just get work done, and find the answer to the problems I face.

What **.b ISN'T**

Boring • Hippy dippy • Yoga • Religious • Therapy

For further information email enquiries@mindfulnessinschools.org
or visit www.mindfulnessinschools.org