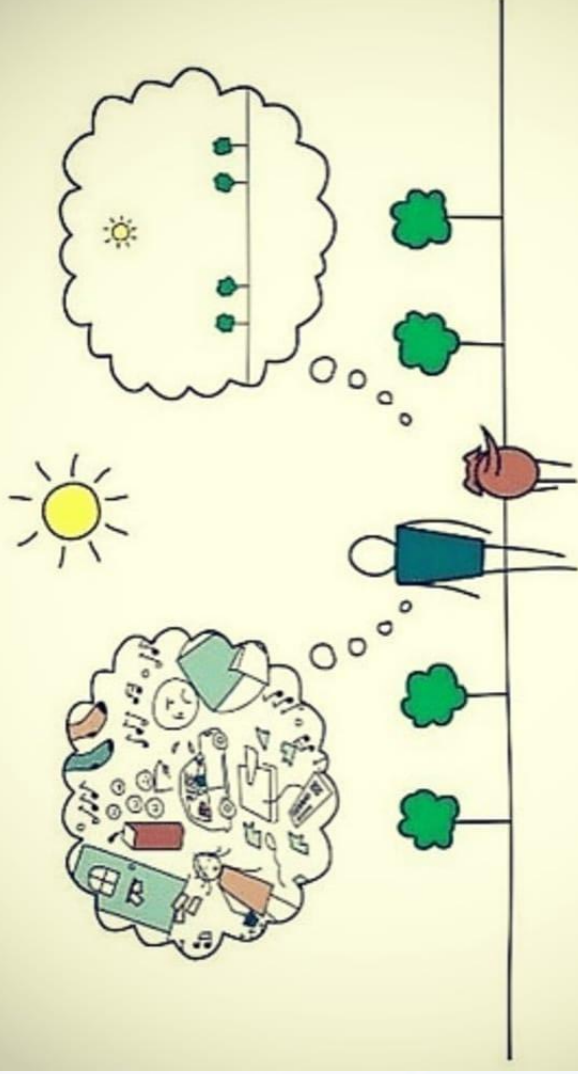




Mindfulness

Improving mental health and academic performance
in middle schoolers

Mind full vs Mindful



Learn to be present
and enjoy the moment.

What does Mindfulness mean to you?



Students, write your response!

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What is Mindfulness?

According to the Mayo Clinic*:

1. Mindfulness is a type of meditation in which you **focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment**. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.
2. Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you.

*(<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>)

What do you think the benefits are?

Give a few examples of how mindfulness might benefit you (and your student 😊)



Students, write your response!

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What are the benefits of Mindfulness?

Here are a few examples of how Mindfulness can improve student wellbeing.

If you wanted to prioritize one of these areas to focus on, which would it be?
(for you or student)

01

Decreases Stress
and Anxiety

03

Improve Attention

02

Help to Alleviate Pain
and Depression

04

Improve Sleep



Students, drag the icon! 



Lets Practice!



Don't just look, observe.

Don't just swallow, taste.

Don't just sleep, dream.

Don't just think, feel.

Don't just exist, live.

Senses Activity

5 things you
can see



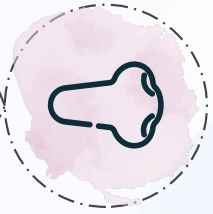
4 things you
can feel



3 things you
can hear



2 things you
can smell



1 thing you
can taste

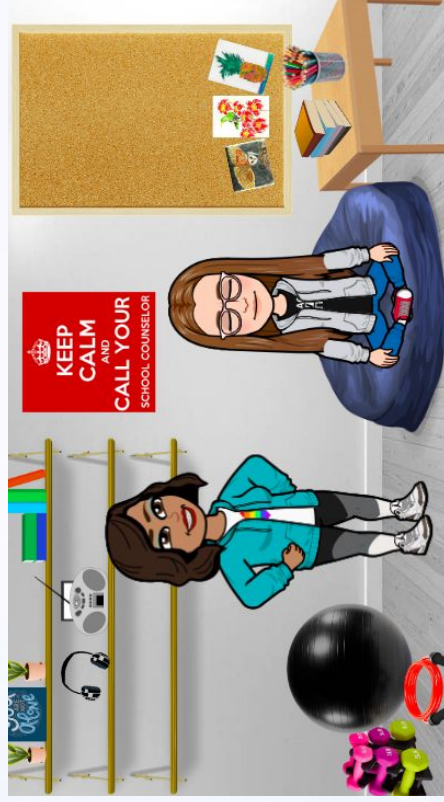


Students, write your response!

*There's more where that came from!
Let's head to Canvas....*

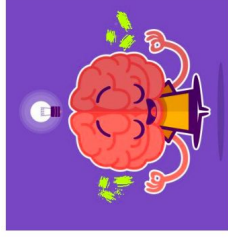
Student Services'
Wellness Page

Monthly Wellness Newsletter



Issue 3

STUDENT WELL-BEING
Coping Skill Spotlight: Meditation



Citation: <https://www.lanternjournal.com/16489/showcase/getting-in-the-zone-benefits-of-meditation/>

Meditation is a tool that we can use to bring calm in our lives and increase mindfulness. Oftentimes, our amygdala (in the brain) is on alert and may be in overdrive. This may be especially true for students who may be dealing with anxiety or past trauma. It's like if you leave a car on all night. You're using all of your gas. Meditation is allowing us the space to shut off and quiet our system for a moment of time.

The practice of meditation can improve our focus and concentration. Teens who incorporate meditation into their day (just 5 minutes can be impactful!) may find that they have improved focus

November 16, 2020

Meditation

*I
Never
Meditate*

*I
Meditate
Regularly*



Students, drag the icon!

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MEDITATION: Key to Mindfulness

Myth: Meditation takes years of practice to receive any benefit



Fact: Meditation benefits are both immediate and long-term

Myth: Meditation is a spiritual or religious practice.



Fact: Many people with countless spiritual background practice meditation including atheists

Myth: Meditation is difficult



Fact: Meditation when guided by a teacher is fun and easy to learn

Myth: Finding a meditation instructor is hard



Fact: You can download apps like Larkr on your phone that have guided meditations available for free

Am I doing it wrong? - It's called Meditation practice for a reason. Consistency in your meditation practice will make you more comfortable and confident with the process.

Meditation has been shown to:



Relieve Stress



Lower Blood Pressure



Treat Insomnia



Prevent Acute Respiratory Infection



Treat Irritable Bowel Syndrome



Reduce Anxiety



Increase Pain Tolerance



Aid Weight Loss



Boost Memory



Improve Sexual Health

Guided Meditation
from Mindful Peace on YouTube

**GUIDED MINDFULNESS
MEDITATION ON REDUCING
STRESS**

Thanks!

We'd love your feedback!

Please take a moment to complete the survey.

We will put the link in the chat.

<https://forms.gle/2i2kLJXxAXFtCxce7>



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