

mindfulness

think simply feel use focus daily without
learn aware wait ways
make past thinking body
process way
object world present
physical mental may moment pain one practice awareness something feeling habitual well
arise help just thoughts experience meditation life important place need people become see
insight emotions concentration mind sensations suffering back emotional stress notice
feelings insight emotions concentration mind sensations suffering back emotional stress notice
thought new buddhist know practices life important place need people become see
bring negative mindful time breath work even depression find painful learning
research training away painful learning

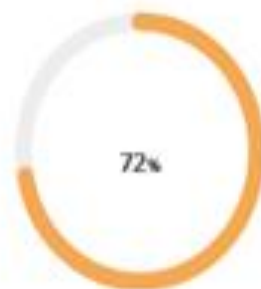
What is it?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Evidence to suggest why mindfulness can be a useful tool for children:



98% of children report benefits from participating in the Youth Mindfulness Kids Programme.



72% of children report an enhanced ability to be less reactive towards others, being less aggressive and engaging less frequently in physical and verbal confrontation.



92% of children reported an enhanced ability to regulate their emotions and tolerate strong affect.



77% of children report improvements in peer and family relationships.



72% of children reported that mindfulness helps them to focus, pay attention, and concentrate.



Over 55% of children report that mindfulness helps them to enjoy life more, demonstrating enhanced gratitude, happiness, optimism and quality of life.

