



Wherever you are, be all there.

An introduction to Mindfulness

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Aims

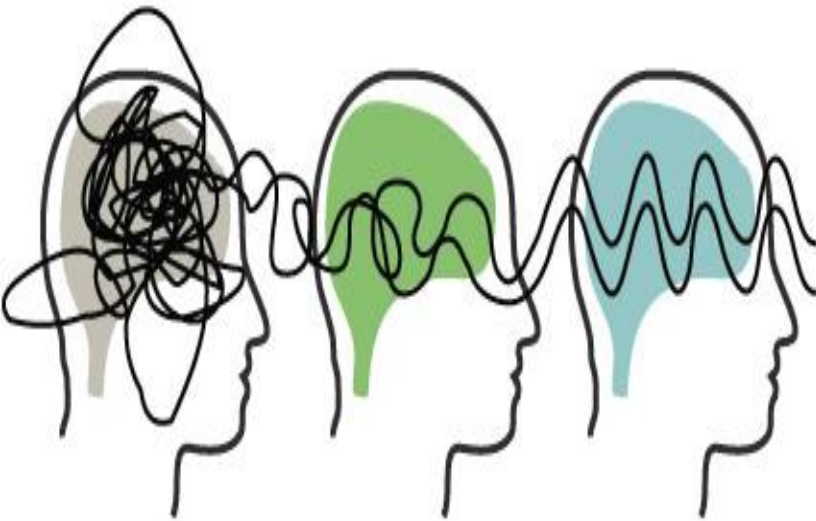
An opportunity to take time to pause and to hear an introduction to what Mindfulness is, how it promotes wellbeing and how it can be applied in the classroom and the staffroom.

Know your mind

THE
MIND
IS LIKE
A PARACHUTE
IT WORKS
BEST WHEN
IT'S OPEN



What do we mean by Mindfulness?



BEING AWARE of
and **EXPERIENCING**
our **LIVES**
as **WE LIVE THEM**
with **INTEREST**
and **FRIENDLINESS**

How do we develop Mindfulness?

NOTICING

FOCUSSING

FRIENDLINESS

Checking in



<https://www.youtube.com/watch?v=w5MqvtiHpOw&list=PLakSKwdbNV2nt1X-A2ynta3O3umt98ccS&index=13>

Home base

**Three
Mindful
Breaths**

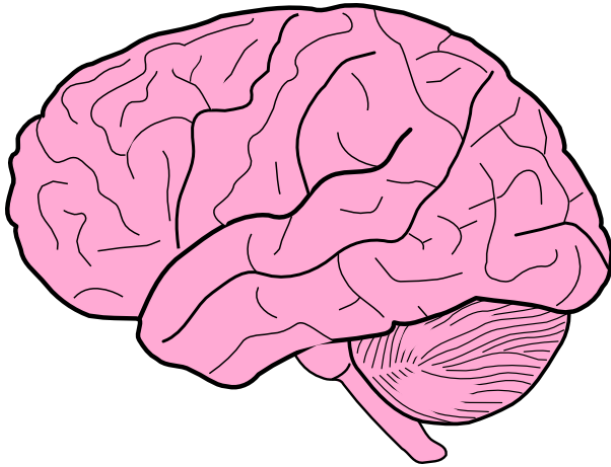
Why practice Mindfulness?



REACT

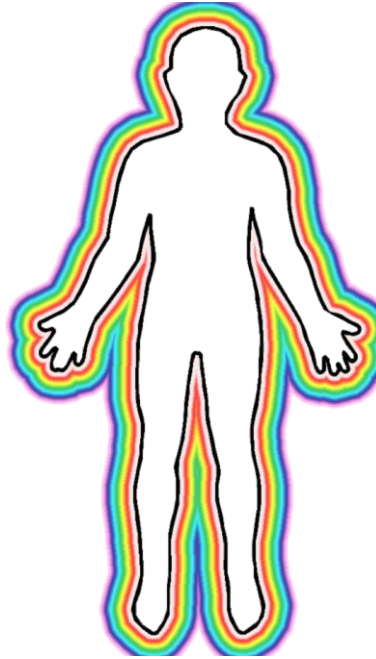
RESPOND

Getting to know your mind



Brain

Thoughts, feelings, moods,
behaviours, habits



Body

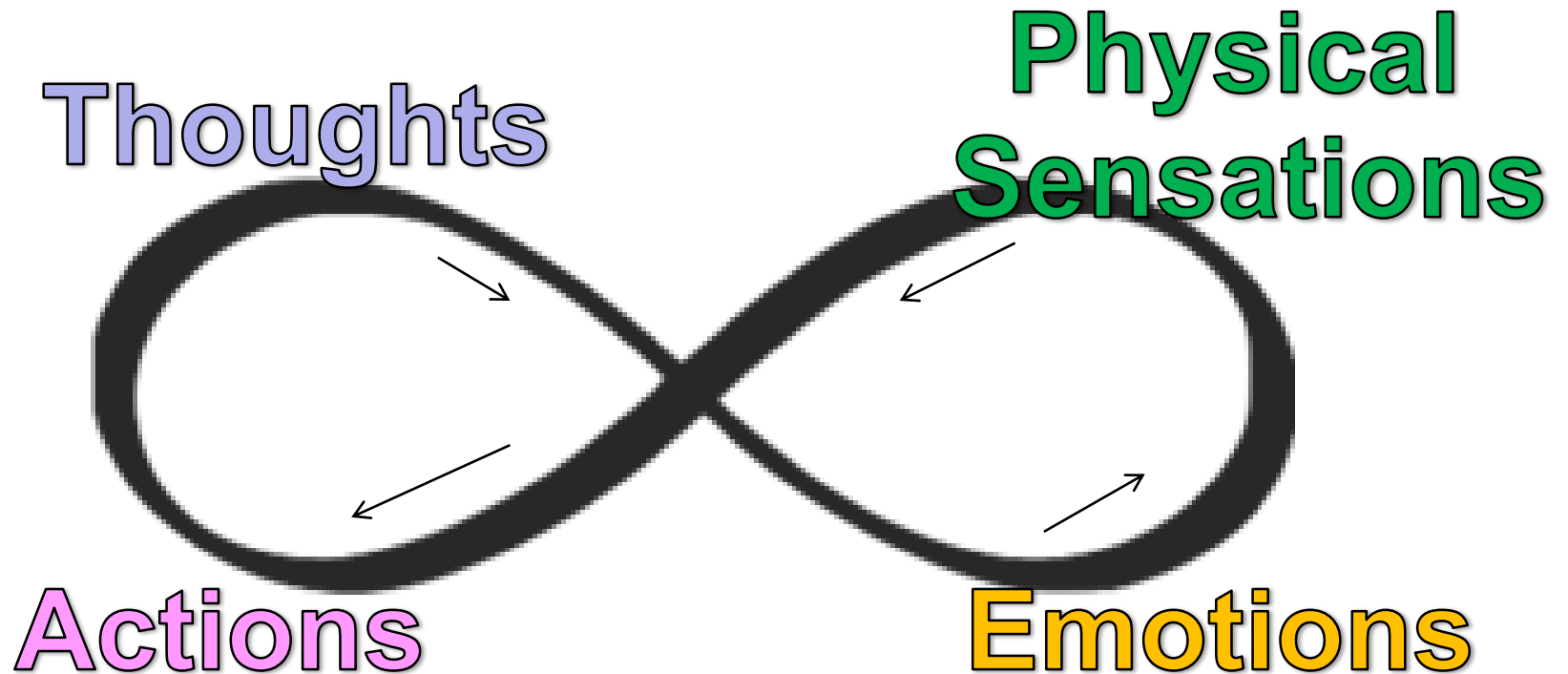
The experience of
physical sensations



Connections

Relating to ourselves, others
and the world in general

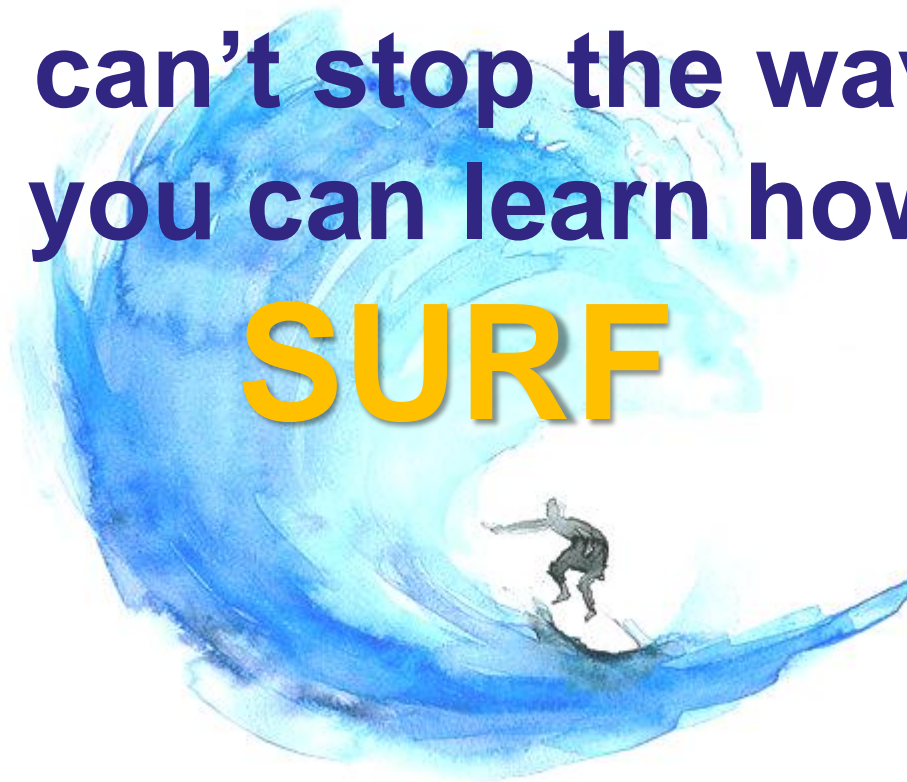
Living the loop



Sitting Meditation



**You can't stop the waves,
But you can learn how to
SURF**



Living Mindfully in Education



[Let's hear it from the children...](#)

<https://www.youtube.com/watch?v=kk7IBwuhXWM&list=PLakSKwdbNV2nt1X-A2ynta3O3umt98ccS&index=4>

Making a Difference

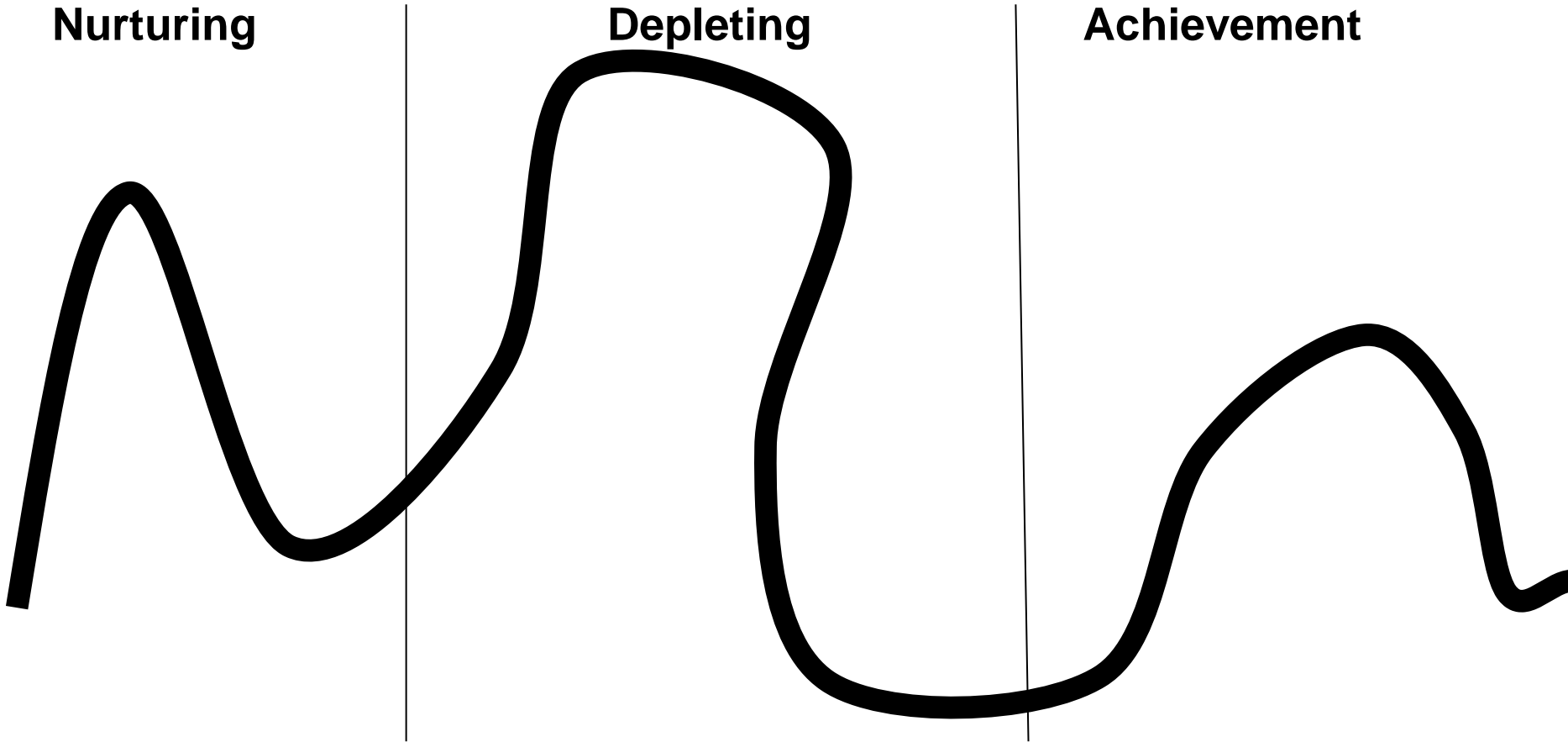
- Mindful mapping
- Gratitude journal
- Note down dreams and intentions
- For each negative, write three positives
- Personal pause tokens and compassionate comebacks
- A few mindful breaths – home base
- Wake up from autopilot
- Exercise often
- Do nice things for yourself without guilt
- When doing something, just do that thing
- Choose your language wisely
- Take a pause before speaking...and really listen to the other
- Be kind
- A mindful cup of tea
- Seek support

Mindful Mapping

Nurturing

Depleting

Achievement

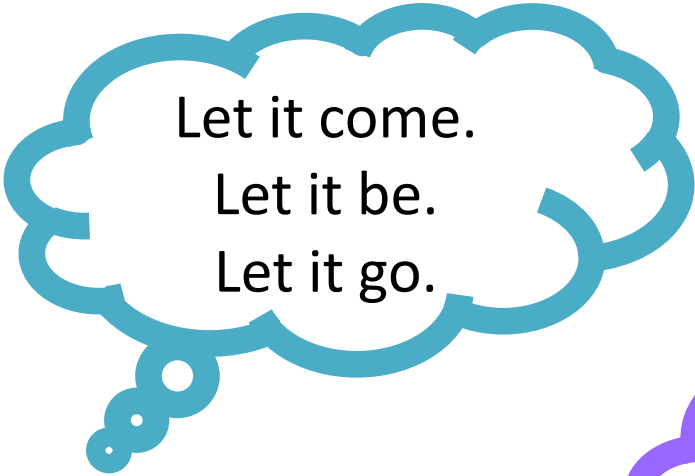


Gratitude Journal

◆ gratitude journal ◆

<p>morning gratitude before you begin your day, list 10 things you're grateful for</p> <ol style="list-style-type: none">1.2.3.4.5.6.7.8.9.10.	<p>what i'm learning from my challenges list three obstacles and what you're learning from them</p> <ol style="list-style-type: none">1. what i'm learning:2. what i'm learning:3. what i'm learning:
<p>people i'm grateful for list 5 people who made your life a little happier today, these could be friends, family or strangers!</p> <ol style="list-style-type: none">1.2.3.4.5.	<p>the best part of my day choose one moment of your day that made you happy and focus on it for 5 minutes before bed</p>

Compassionate Comeback



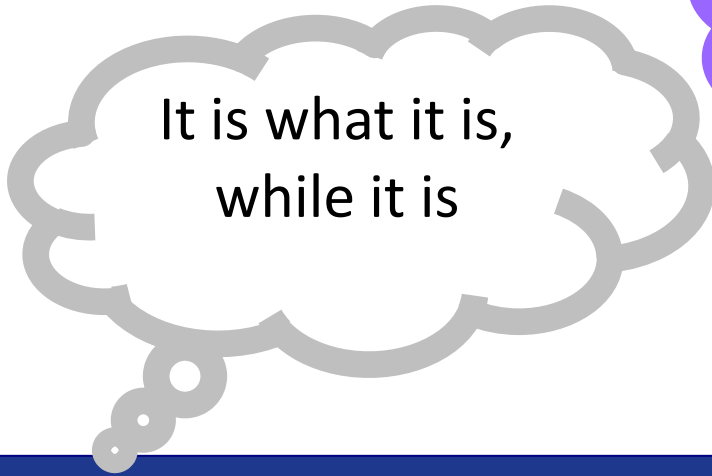
Let it come.
Let it be.
Let it go.



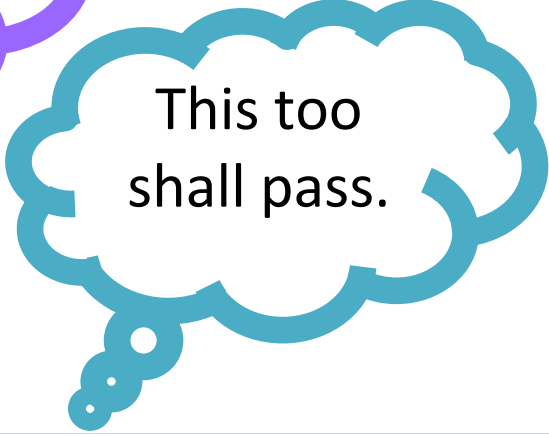
Just keep
swimming



Bring it on!



It is what it is,
while it is



This too
shall pass.

Apps and Resources

- **Headspace**
- **Living Mindfully**
- **7 Second Meditation**
- **Beditations**
- **The Mindfulness Diet**
- **Insight timer**
- **Aura**
- **Omvana**
- **Stop, Breathe and Think**
- **Calm**

Inspiring Words

*Knowing others is intelligence.
Knowing yourself is true wisdom.*

Lao Tzu