

# 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 both thought and feeling

## How do people learn it?

Mindfulness is always learned in a highly practical way, through experience rather than talk. We gradually learn to direct our attention in a more focussed way to whatever is actually happening, be it our breathing, the sensations in our body, the activity in our mind, or everyday activities such as walking and eating.



## What's the point of it?

In adults, mindfulness training has been proven time and again to improve health and wellbeing. It also helps people to learn more effectively, think more clearly, perform better and to feel calmer, less anxious and less depressed. Mindfulness is now recommended by NICE, and GPs are referring adults on eight week courses to reduce stress and help prevent recurrent depression. It is increasingly being used in business to improve staff wellbeing and satisfaction, and in sports training to improve performance.



## 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 more calm, helpful, kinder and rational thinking about all aspects of life. However, it takes practice!

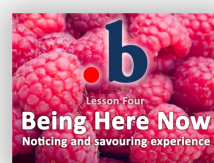
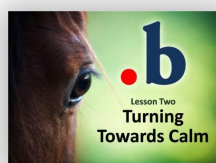


**What  
mindfulness IS**

- A life-skill
- Evidence-based
- Paying attention “on purpose” to things as they happen
- Recommended by National Institute of Clinical Excellence

## What is .b ?

**.b** is a nine session mindfulness course for schools. It is based on adult courses but adapted for young people. **.b** is flexible enough to be used in a wide range of contexts and age ranges, and even with adults.



### How is it different to any other mindfulness course?

**.b** was carefully crafted by classroom teachers to engage even the most cynical of adolescent 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.

*Very useful...I use it when stressed, overworked.*

### What are .b's objectives?

**.b** aims to give students mindfulness as a life-skill. How they use it is up to them:

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

### How do I teach .b?

**.b** has to be taught by teachers who are themselves trained in mindfulness. An adult 8 week MBCT or MBSR course is a good start. Then, sign up for a **.b** training course. This will give you the skills and materials to teach **.b** effectively in classrooms.

*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 [info@mindfulnessinschools.org](mailto:info@mindfulnessinschools.org)  
or visit [www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)