How can Mindfulness help me?

There is a growing body of evidence which suggests that mindfulness programmes for children can be highly effective in making important changes, including: reducing stress, improving wellbeing, cultivating empathy and increasing emotional control. Information on a variety of research studies with adults and children can be found at www.psychologyforchildren.com

Mindfulness when well taught and practiced regularly has been shown to improve:

- Mental health and wellbeing
- Mood
- Self esteem
- Self regulation
- Positive behaviour
- Academic learning

Practising Mindfulness techniques can help you to pay attention to what is happening in the present moment with curiosity and kindness. Developing the skills and attitudes that make up Mindfulness enables children and adults to notice more and learn about how they react to everyday situations. These skills can support them in responding more helpfully rather than simply reacting to what is happening in their lives.