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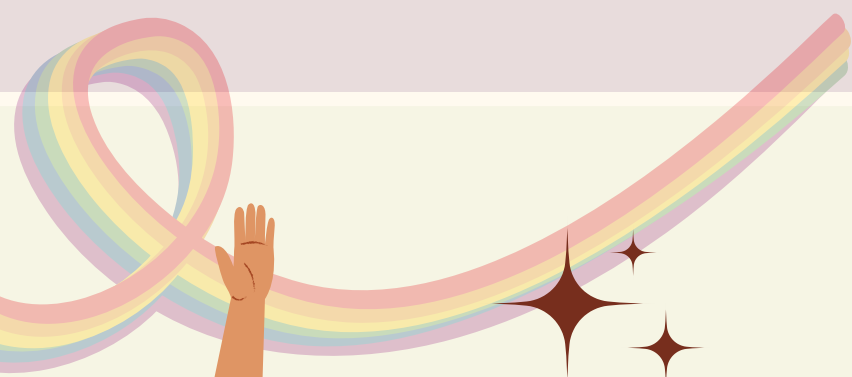
What is Mindfulness:

An Infographic Guide



What is Mindfulness?

Mindfulness can be incredibly beneficial for teachers, helping them manage stress, enhance focus, and create a more positive classroom environment. By incorporating **mindfulness** into our teaching day, it can lead to a **healthier balance** and a more positive classroom experience for both us and our students.



Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. We're not trying to turn off our thoughts or feelings. We're learning to observe them **without judgment**. And eventually, we may start to better understand them as well.



Teaching can be stressful and demanding, that's why we can turn to **Mindfulness**, which is a kind of **meditation** that can help us tackle every little problem one by one with equanimity and presence, rather than worry about 100 problems all at once and perhaps, never succeed in anything.

Mindfulness is an effective strategy to train attention and improve social and **emotional intelligence**. A proven method (empirical research) to train the attention away from worrying about future events, going over past events- to being fully present in the here and now and further, allowing whatever is present to simply be there without trying to avoid or fix it. **Acceptance of what is** (as opposed to struggling /not wanting/liking what is) underpins the success of mindfulness in creating a new way of being, free from constant tension, uncertainty, fear and perceived stress opening up a **spaciousness** previously crammed with incessant, often worrying thoughts and feelings.



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It's certainly like being aware of the moment at the moment, the awareness of paying attention on purpose to the unfolding of experiences in our lives.

The Dalai Lama in 1999 ,referring to Mindfulness quoted: "Our jealousy, anger, hatred, fear, can be all put to an end when you realize that these emotions are only temporary, that they only pass on like clouds in the sky".



Mindfulness isn't about stopping difficult emotions in the face of life's challenges, but rather helping us relate **more wisely** to them. Cultivating **awareness of our emotions** and feelings and the tendency to want more of the good, turn away from the perceived not good or simply ignore what is actually happening in the present moment.

Putting the spotlight of attention of the continuous shifting states of our thoughts and feelings helps us uncover **patterns** where we get stuck and provides a tool to help us recognize these unhelpful behaviors.



In addition, **mindfulness** provides a strategy to cultivate presence and accept whatever arises in our moment to moment experience, without judging it good or bad.

This **does not mean passive acceptance** of circumstances that require action and change, but becoming aware of the emergence of natural states of **kindness and compassion** and self-nourishment when the mind is freed from anxious thinking patterns and behaviors.

Developing a deeper awareness of our connection to nature, each other, and the wonder and mystery of life itself, takes us out of the often isolated space of our own minds and reminds us **we all experience similar states** and conditions of being human.

Mindfulness brings the ability to observe all that happens inside of us and outside of us **without being entangled and controlled** by our thoughts and feelings.

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