

Mental Health and Wellbeing in Schools –

'Changing the Weather in the Staffroom and the Classroom'

Claire Kelly



“ I’ve come to a frightening conclusion that I’m the decisive element in the classroom. It’s my personal approach that creates the climate. It’s my daily mood that makes the weather. As a teacher, I possess a tremendous power to make a child’s life miserable or joyous..... ”



“I can be a tool of torture or an instrument of inspiration. I can humiliate or humour, hurt or heal. In all situations, it is my response that decides whether a crisis will be escalated or de-escalated and a child humanized or de-humanized. ”



Teacher & Child by Dr. Haim G. Ginott



MINDFULNESS IN SCHOOLS PROJECT
WWW.MINDFULNESSINSCHOOLS.ORG

TO BRING MINDFULNESS TO YOUNG PEOPLE AND THOSE WHO CARE FOR THEM.



MiSP is a Registered Charity, no. 1168992, est. 2009.
MiSP aims to bring mindfulness to all young people and those who care for them.



Locate a Teacher Map



MYRIAD

Mindfulness and Resilience in Adolescence

wellcome trust



MYRIAD OUTLINE

Theme 1
Mindfulness Training - Cognitive and Neural Mechanisms during Adolescence

Theme 3
A randomised controlled trial - mindfulness training and depression, wellbeing and behavior in adolescence.

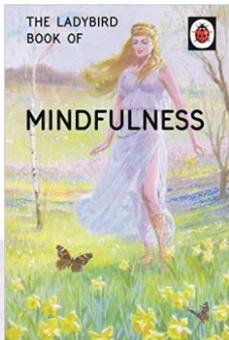
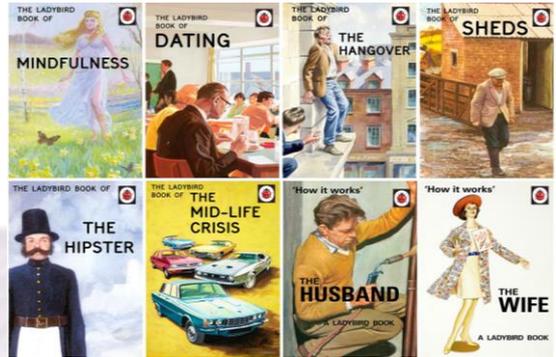


Theme 2A
Teacher training routes for personal mindfulness training and curriculum training. Effectiveness and cost-effectiveness.

Theme 2B
Challenges to successful implementation of mindfulness training in secondary schools

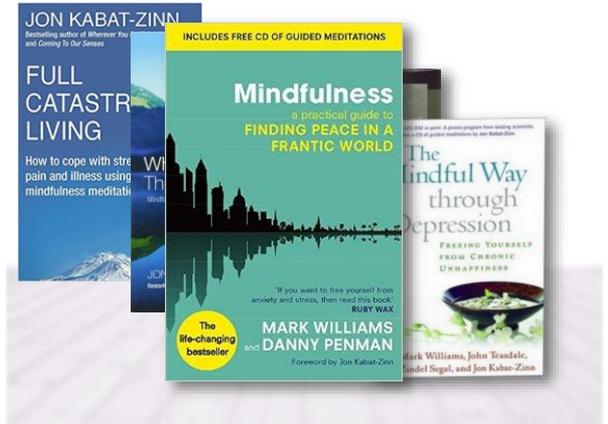
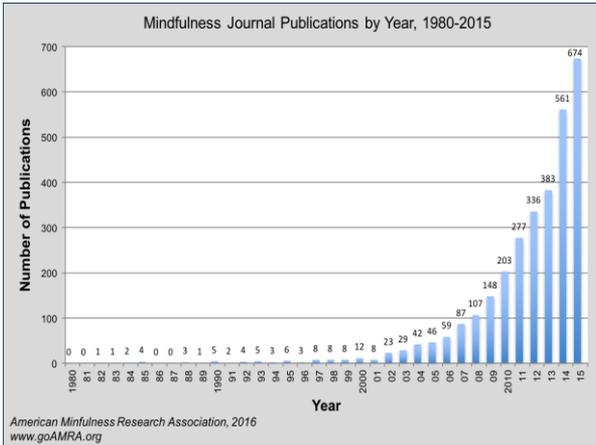
Theme 4
A cohort study following the participants of theme 3.

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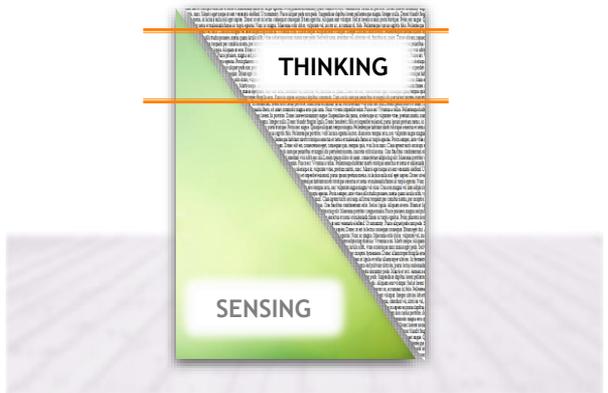


Alison has been staring at this beautiful tree for five hours.
She was meant to be in the office. Tomorrow she will be fired.
In this way, mindfulness will have solved her work-related stress.





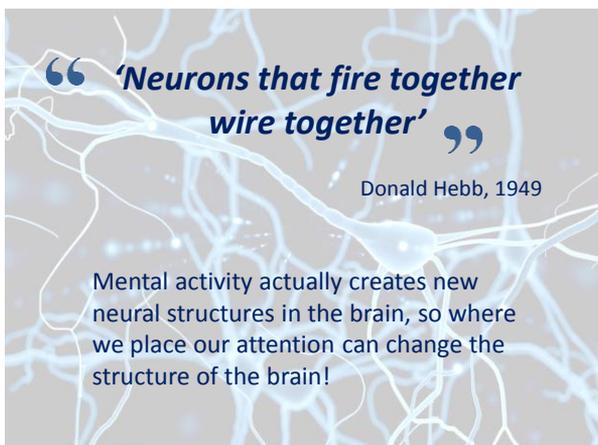
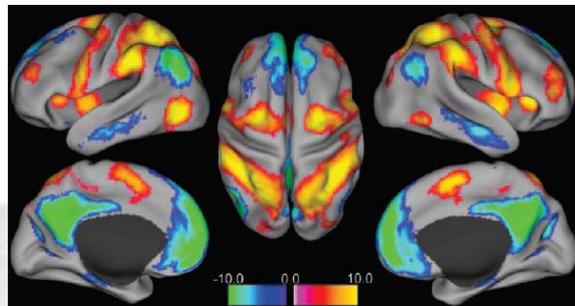
WHAT IS
MINDFULNESS?





'As far as we know, only humans worry about the future, regret the past and blame ourselves for the present.' Rick Hanson

Mindfulness training increases 'viscero-somatic' processing and uncouples 'narrative-based' processing (Farb et al, 2007)



“ **‘Neurons that fire together wire together’** ”

Donald Hebb, 1949

Mental activity actually creates new neural structures in the brain, so where we place our attention can change the structure of the brain!

8 weeks of adult mindfulness practice...

- Thickens the cerebral cortex in areas associated with **attention and emotional integration**.
- Increases grey-matter density in the hippocampus, important for **learning and memory**
- Affects structures associated with **self-awareness, compassion and introspection**.
- Decreases grey-matter density in the amygdala, associated with **anxiety, vigilance circuits, stress**

What is Mindfulness?

Mindfulness involves paying attention...

on purpose

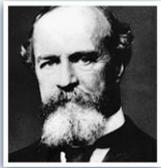
in the present moment

with curiosity and kindness

...to things as they are

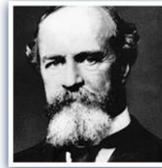
What Mindfulness *isn't*

- ✗ A breathing exercise
- ✗ A relaxation technique
- ✗ A quick-fix /a cure for everything
- ✗ Something you ask anybody to teach
- ✗ Something you can pick up off a shelf
- ✗ PSHE
- ✗ Something you need to do looking like this.....



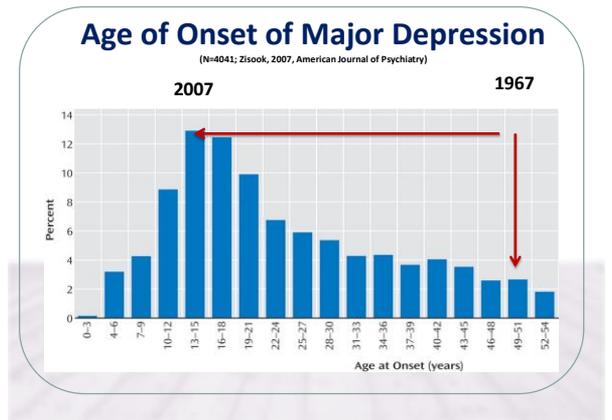
William James :
Writings 1878-1899

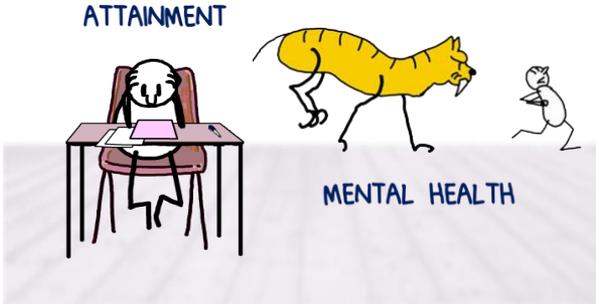
“ *The faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will.....* ”



William James :
Writings 1878-1899

“ *...an education which should improve this faculty [of attention] would be the education par excellence. But it is easier to define this ideal than to give practical directions for bringing it about.* ”





The link between pupil health and wellbeing and attainment

A briefing for head teachers, governors and staff in education settings

“THE FLOURISHING OF YOUNG MINDS”

THE MINDFULNESS TOOLKIT

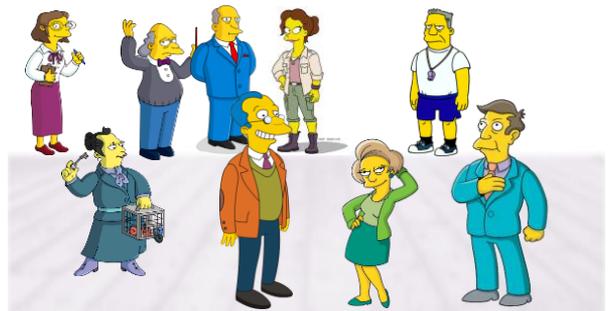


Ages 7 – 11 years





Ages 11 – 18 years



1 8-week course in Mindfulness



MBCT

MBSR

MBLP

Weare, K. (2014). 'Evidence for Mindfulness: Impacts on the Wellbeing and Performance'

13 studies in peer reviewed journals

Wellbeing
Mindfulness
Self-compassion
Sustained attention
Emotional regulation
Teaching efficacy

Stress
Anxiety & depression
Demotivation
Time-urgency
Burnout symptoms



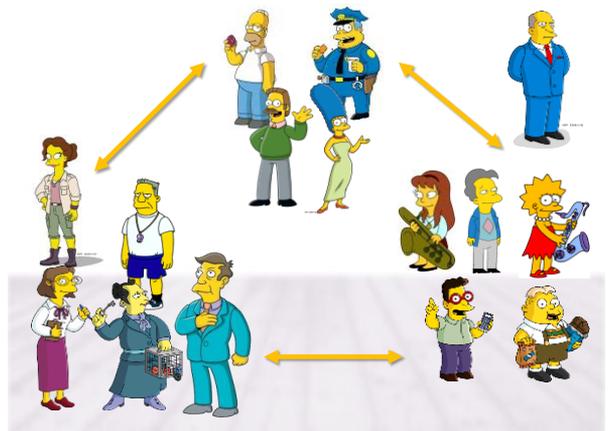
2 2-3 months daily practice

3 Train to teach the children



7-11 year-olds
3-day training course

11-18 year-olds
4-day training course



A MILLION MINDS MATTER

A MILLION MINDS MATTER



MISP Conference 26th April 2019: Coming together to empower a generation.



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