



MINDFULNESS

AND MINDFUL PRACTICES AT BROOKWOOD SCHOOL

FAQ'S: The 5 W's Of Mindfulness

✓ **WHAT:** ***What is MINDFULNESS?***

Simply put, Mindfulness is an awareness of your present moment experience. It is noticing what is happening to ourselves, acknowledging and accepting without trying to change it. When we are mindful, we are aware of how we are feeling and experiencing our lives.



“MINDFULNESS is paying attention in a particular way: on purpose, in the present moment, and non judgementally.”
~ Jon Kabat Zinn

✓ **WHO:**

Who can/should practice MINDFULNESS?

Anyone can practice being mindful! You can even make it a family affair and learn to practice together. Mindfulness is for everyone!

✓ **WHEN:**

When should MINDFULNESS be practiced?

Mindfulness can be practiced any time of day. It is often suggested that regular practice is best developed by establishing a routine, either first thing in the morning or at night before we go to bed. It can also be used throughout our day when we are experiencing stress, anxiety, or just simply need a break from the chaos of our busy day.



“MINDFULNESS is the conscious awareness of our current thoughts, feelings, & surroundings – and accepting this awareness with openness and curiosity in a nonjudgmental way.” ~ Goldie Hawn

✓ **WHERE:**

Where should I practice MINDFULNESS?

There is no right or wrong place to practice being mindful, it can be done absolutely anywhere! If you are using breathing and listening techniques, it is always helpful to remove distraction and be comfortable whenever possible. If you are practicing throughout the day, at times when you begin to feel stressed, it can be as easy as taking three breathes wherever you are. But there are so many different ways to be mindful, that the possibilities are endless.

✓ **WHY:**

Why is practicing MINDFULNESS in a school setting important?

Research shows that a regular mindfulness practice can have the following benefits to students:

- Better focus and concentration
- Improve impulse control
- Increased sense of calm
- Decrease stress & anxiety
- Increased self awareness
- Build skills in response to difficult emotions
- Increased empathy & understanding of others
- Develop natural conflict resolutions skills