



Mindfulness and Well-being at School

Presented by Turkish Team

MINDFULNESS

TOPICS
TO
COVER

- What is Mindfulness?
- Mindfulness vs. Awareness
- How to be More Mindful
- Practicing Mindfulness
- Mindfulness Exercises
- Mindfulness Benefits





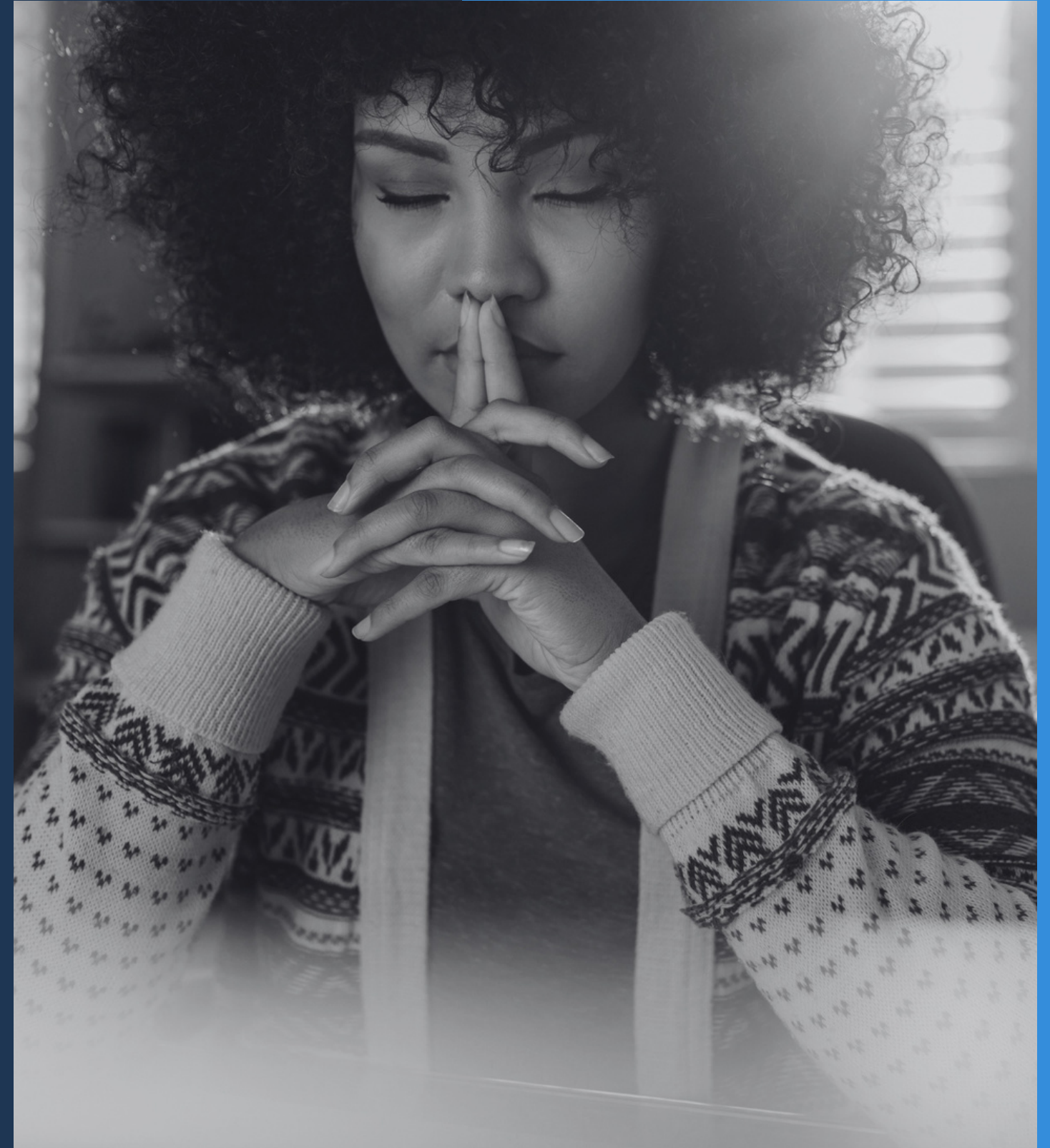
WHAT IS MINDFULNESS?

LENDING ONE'S SELF COMPLETELY IN THE MOMENT

Mindfulness can be summarized as focusing our attention and accepting whatever is happening in the moment in a non-judgmental, open and compassionate way. Keeping the mind in the moment improves focus and increases self-awareness.

Mindfulness practices calm the mind, reduce stress and anxiety by balancing the fear and anxiety center of the brain.

Being able to look at one's own feelings and thoughts in a non-judgmental, open and compassionate way improves our empathy skills as it also positively affects our perception of other people.





WHAT IS MINDFULNESS?



MINDFULNESS VS. AWARENESS: IS THERE A DIFFERENCE?

Mental health has increasingly become a core focus.

Some words that you may have heard in about with mental health are “mindfulness” and “awareness.”

The difference between mindfulness and awareness is that, while both mention to states of mind, mindfulness includes a lot more introspection and thought handle adjustment.

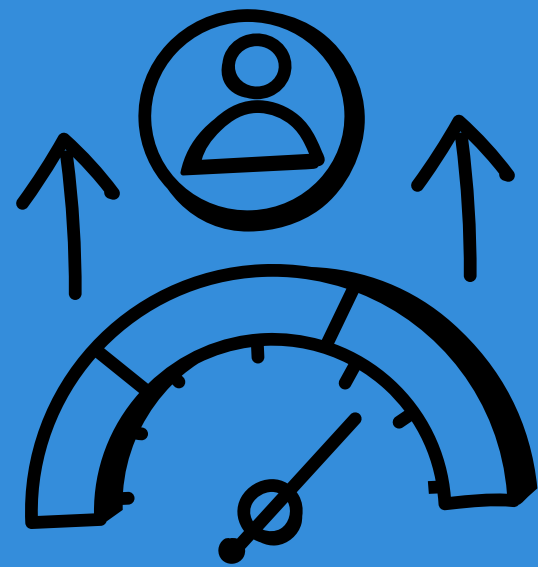
Awareness is more sensory-based and is the mental concept that allows us to be more present in the world around us.

Awareness is similar to mindfulness.

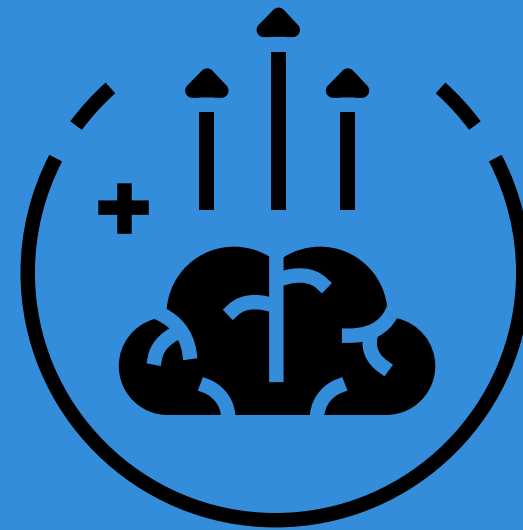
Both concepts are a way to stay grounded in the present moment, but awareness also think of the world around you, while mindfulness is an inner concept.

Both of these concepts feature in meditation practice.

ENHANCED
PRODUCTIVITY



IMPROVED
CREATIVITY



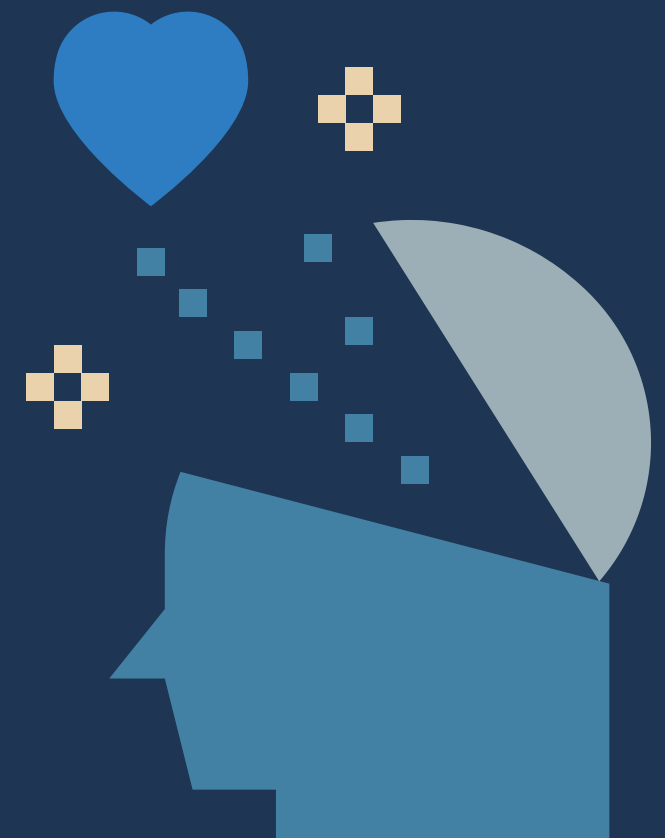
BETTER
EMOTIONAL
INTELLIGENCE



BETTER
DECISION
MAKING



What Mindfulness Can Do For You



BE PRESENT



Avoid
Multitasking



Get in touch with
your senses.



Stay away from
distractions.



How to Be More Mindful



MEDITATE DAILY.

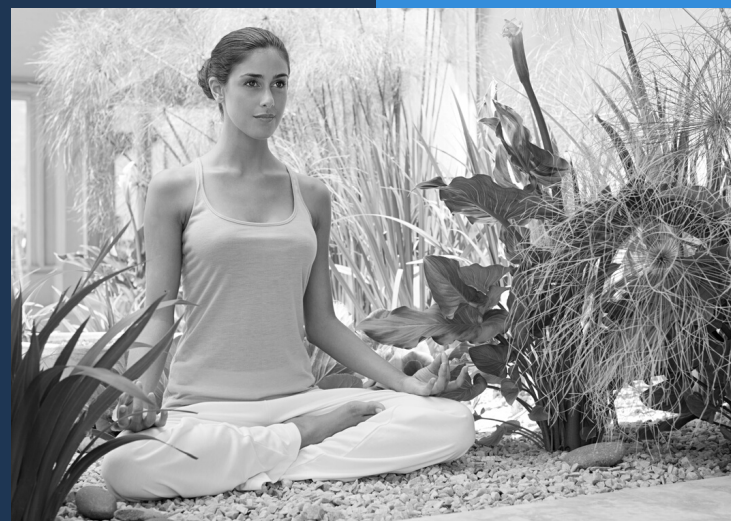
Meditation is about becoming one with your mind, and learning something about yourself that you may not have known before you the practice of meditation.

Your practice can be as long or as short as you would like, but try to take the time to meditate every day.



WORK ON YOUR BREATHING.

One deep breath can change your focus, your mood, and even the rest of your day.



CONTROL YOUR THOUGHTS.

Your mind is the most powerful tool you have for the creation of good in your life, but if not used correctly, can also be the most destructive force in your life. To control your thoughts means to influence the way you live your life.

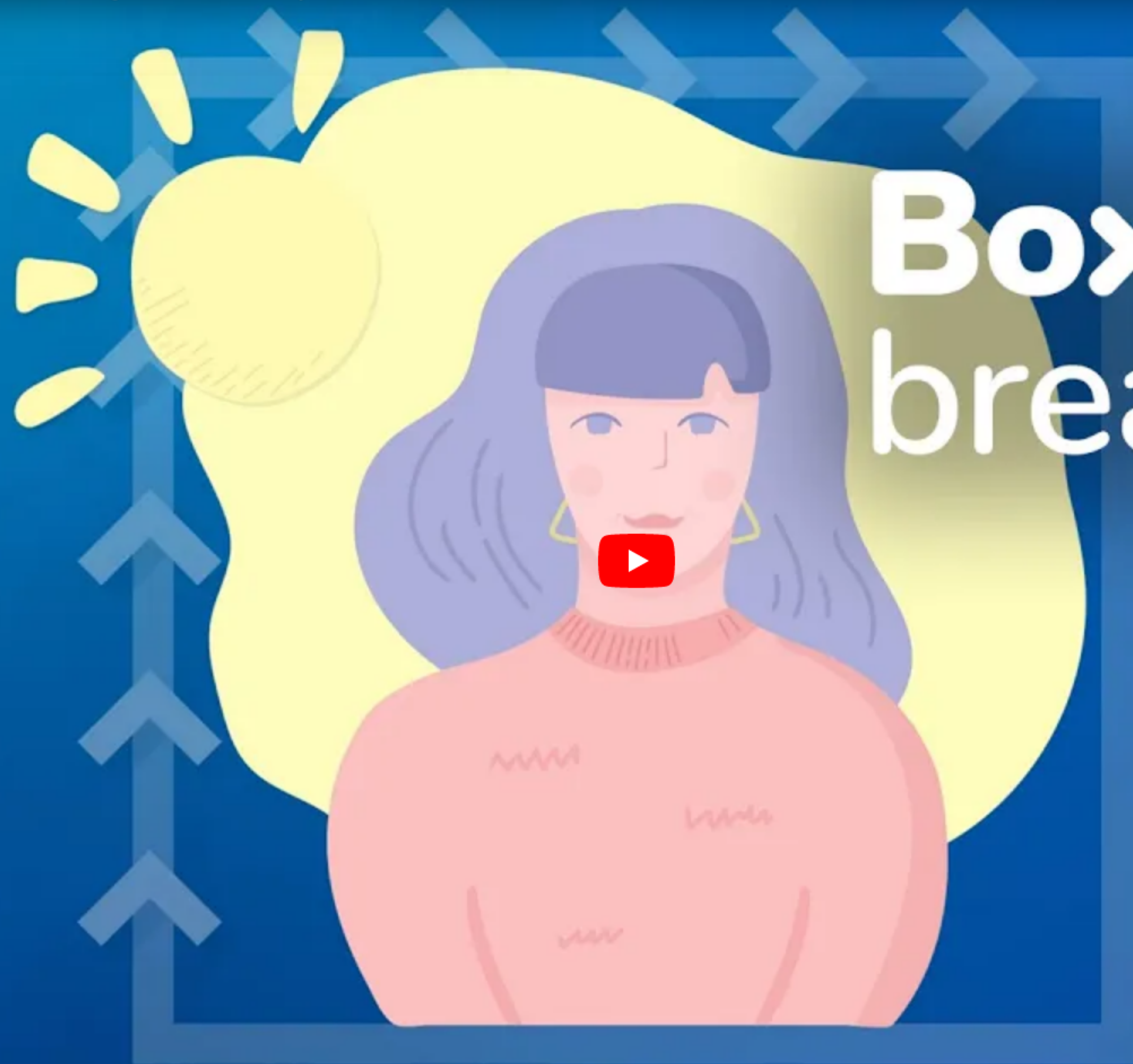
THE TYPES OF MINDFULNESS PRACTICE

While mindfulness is inborn, it can be improve with proven techniques.

Here are some examples:

- Seated, walking, standing, and moving meditation (it's also possible lying down but often causes to sleep);
- Short breaks we add into everyday life;
- Assembling meditation practice with other activities, such as yoga or sports.





Box breathing



BENEFITS OF MINDFULNESS



DECREASED DEPRESSION

It can help relaxing symptoms of depression and may help avoid these symptoms from returning in the future.



INCREASED EMOTIONAL REGULATION

Another potential benefit of mindfulness is that the practice may help you identify and manage your feelings.



REDUCED ANXIETY AND STRESS

Chronic stress is a important problem for many adults that including an increased risk of depression and anxiety. Mindfulness can be helpful for calming feelings of anxiety and stress.

BETTER MEMORY

Mindfulness may also have potential as a way to improve your memory.

COGNITIVE IMPROVEMENTS

Mindfulness doesn't just help you focus on your thoughts or remember things more readily.

BETTER PHYSICAL HEALTH

Research also suggests that mindfulness can help relaxing different health status.

WHEN TO USE CAUTION

Any type of self-reflective inner work has the potential to bring difficult feelings or thoughts to light.

STRONGER RELATIONSHIPS

People who are more accepting of their partners are also more satisfied with their relationships. Mindfulness makes it easier to accept that their partner is not always perfect.

A WORD FROM VERYWELL

There are many possible benefits of mindfulness including lowering stress, improving emotional regulation, boosting abilities, and strengthening relationships.

WELL-BEING AT SCHOOL

TOPICS TO COVER

- What is Well-being?
- Well-being at School
- Major Types of Well-being
- Promoted Mental Health and Well-Being in Schools
- Resilience Building for Students
- Protect Mental Health
- Well-being Benefits



WHAT IS WELL-BEING?

THE STATE OF BEING HAPPY, HEALTHY, OR
PROSPEROUS

Well-being is a positive result that is meaningful for people and society, because it tells us that people notice that their lives are going well.

Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important for public policy.

Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy.

Wellbeing is not just the nonexist of unhappiness or illness. It's a complex combination of a person's physical, mental, emotional and social health factors.

Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be stated as how you feel about yourself and your life.





WELL-BEING AT SCHOOL

Wellbeing in schools is for all students. A focus on wellbeing goes beyond just welfare needs of a few individual students and purposes for all students to be healthy, happy, successful and productive in the school and society in which they live.

Well-being is the experience of health and happiness. It includes mental and physical health, physical and emotional safety, and a feeling of belonging, sense of purpose and success.



MAJOR TYPES OF WELL-BEING



Well-being is a broad concept and includes a range of psychological and physical abilities.

Five major types of well-being are said to be:

- Emotional well-being: the ability to be flexible, manage one's emotions and create emotions that causes to good feelings.
- Physical well-being: the ability to improve the functioning of one's body through healthy eating and good exercise habits.
- Social well-being: the ability to communicate, develop meaningful relationships with others and create one's own emotional support network.
- Workplace well-being: the ability to continue one's own interests, beliefs and values in order to earn meaning and happiness in life.
- Societal well-being: the ability to participate in an active community or culture.

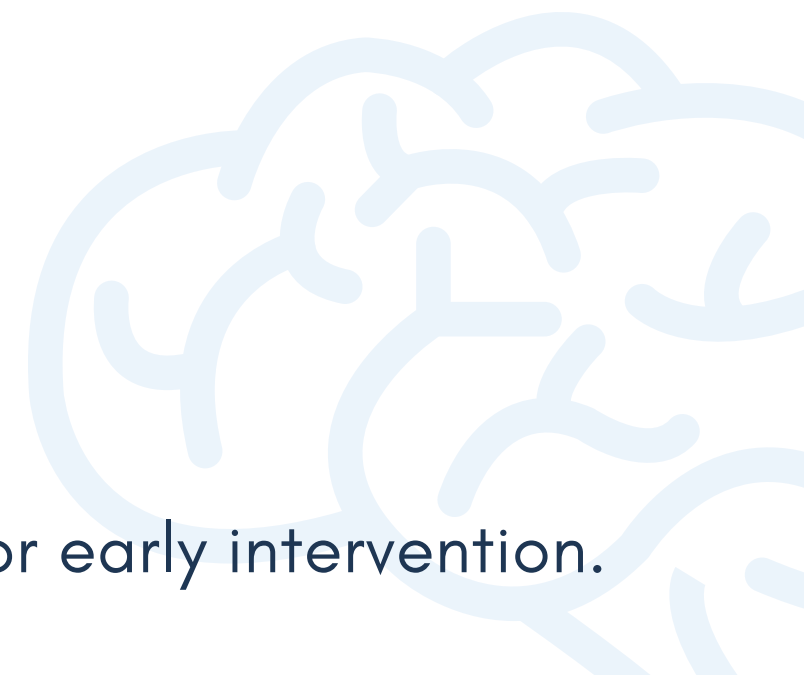


WHY MENTAL HEALTH AND WELL-BEING IS PROMOTED IN SCHOOLS?

For most people, mental health issues emerge when they are young(half of all mental disorders emerge by the time people are 14 years old and three quarters by 25 years old) the same period when most people are in education.

Promoting mental health and wellbeing as a core role in education helps students:

- develop in their education journey
- build resilience against difficulty
- develop protective factors from mental ill-health
- provide them with skills and confidence to self-see help for early intervention.



Resilience is the ability to handle and improve in the face of negative events, challenges or adversity.

It is a skill that can be developed through:

- positive social connections
- safe environments
- life skills such as positive coping and problem solving skills
- social values
- positive self-respect
- and a sense of purpose and responsibility.

RESILIENCE BUILDING FOR STUDENTS





Building staff capacity to promote and protect mental health

When school staff, leaders, teachers and educators are given the resources and tools to promote and model behaviours, this improves teacher-student relationships and builds safe school communities.

BENEFITS OF WELL-BEING



Well-being assembles mental health (mind) and physical health (body).

Well-being is a that tells us how people sense their life is going from their own perspective.

Well-being is an result that is meaningful to the public.

Results from cross-sectional, longitudinal and experimental studies find that well-being is associated with:

- Self-perceived health
- Longevity
- Healthy behaviors
- Mental and physical illness
- Social connectedness
- Productivity
- Factors in the physical and social environment





giving children and young people the best possible chance to fulfil their potential.

**THANKS A
MILLION FOR
WATCHING AND
LISTENING US**



Presented by Turkish Team