



MINDFULNESS IN SCHOOLS

Absafe have expanded their Health and Safety Education to include looking after the community's mental health. We give you the skills to look after your mental health.

Students, like everyone else, face the modern challenge of attention deficit. With each new digital distraction, it becomes increasingly difficult to focus on the right things. Students also experience the pressure of exam stress, performance competition, anxiety about their potential future opportunities, and so on. With these issues in mind, there are many benefits of mindfulness for students who decide to take up the practice.

Mindfulness is the practice of bringing your full awareness of the present rather than thinking about the past or the future. It's about living in the moment without judgment. Some people practice mindfulness for a few minutes a day, while others practice it as a lifestyle. For example, you could practice mindful eating; paying attention to what is on your plate, feeling gratitude for it, savouring each bite, while also noticing how your body reacts to the food on your plate.

The practice of mindfulness takes some weight off your awareness while helping you to focus on what is important. As a student, there are numerous advantages to be had when practicing mindfulness regularly. Here are some of the benefits you may come to experience.

Absafe can offer Mindfulness sessions to your students of all ages.