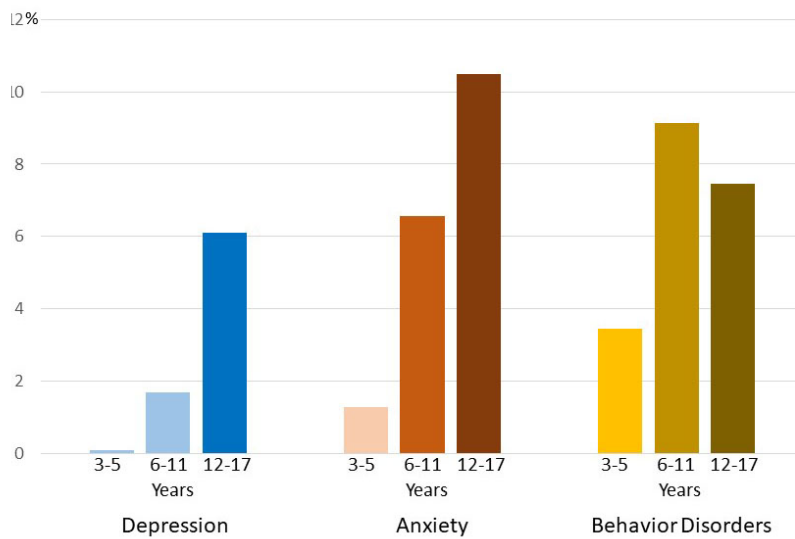


# MENTAL HEALTH

MINDFULNESS

ABSAFE

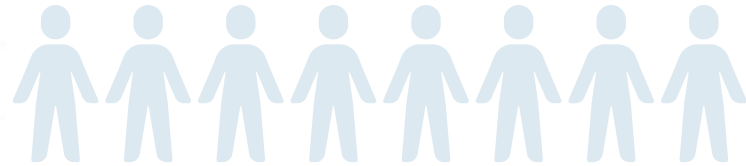
Depression, Anxiety, Behavior Disorders, by Age



7.4% of children aged 3-17 years (approximately 4.5 million) have a diagnosed behaviour problem

7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety

3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression



## MINDFULNESS FOR STUDENTS - WHAT ARE THE BENEFITS?

### 1. Reduces stress and anxiety

Throughout its history, mindfulness has shown itself as a proven method for managing stress and anxiety. Both of these conditions are developed through internal and external pressure. Internal pressure includes self-criticism, self-doubt, worries about your capabilities, and so on. It could also be a symptom of another development, e.g a student with a health condition may feel anxiety about their future wellbeing.

External pressure could be parental influence, workload or pressure from peers. By practicing mindfulness, you permit yourself to acknowledge pressure without dwelling on it. Instead of feeling stressed and anxious about the past or future, you can focus on the life you want to live for each day. This extends to your education. By assessing 125 students during exam time, researchers discovered that mindfulness exercises were effective in reducing stress and anxiety.

### 2. Improves attention and focus

In many ways, paying attention is an allocation of resources. There's only so much that we can actively focus on at once. Recent research by psychologists shows that meditation, a mindfulness practice, is effective in improving the allocation of the resource known as attention.

Even complete novices, in the art of meditation, were able to see improvement with 10-minute sessions. If you struggle with keeping your focus on lectures, assignments, or study materials for a significant amount of time, taking up mindfulness practices can be helpful for improvement.

### 3. Improves the student's cognitive performance

Mindfulness has shown to improve cognitive performance when responding to time-sensitive tasks. One study showed that students who are allowed meditation periods during tests show better scores. These results could be achieved because mindfulness improves learning effectiveness, attention, and memory in students. In another study, Taiwanese students were taken through a one-semester mindfulness meditation course. The students showed significant improvement in overall performance suggesting some benefits to this practice for students.

### 4. Better emotional and social intelligence

Young students learn most of what they know about social interactions and emotional management in the school environment. Some students learn to display more empathy and emotional understanding earlier than others. Some others become more susceptible to negative peer pressure or emotional manipulation.

Mindfulness is one of the proven methods which can be used to improve emotional intelligence (EI) in young students. A good level of the EI trait has been linked to individual competence for mindfulness. By learning basic mindfulness practices, students can improve awareness of their emotions and of the people around them. It will also help them handle challenges better and improve their empathy towards others.

