



Supporting the anxiety (intervention)

| Supporting approach 'Mindfulness' | Making it successful | Resources |
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| <p>Mindfulness approaches have been emotional regulation and improvements in mental health.</p> <p>Research with children and young people is not yet as extensive as with adults, and the studies carried out so far have some methodological limitations. Nevertheless, work is growing rapidly and the results are promising which suggests that mindfulness in schools is worth consideration.</p> <p>In simple terms, mindfulness is paying attention to what is happening in the present moment, without judgement.</p> <p>In mindfulness-based therapy, the person focuses on the bodily sensations that arise when he or she is anxious. Instead of avoiding or withdrawing from these feelings, he or she remains present and fully experiences the symptoms of anxiety. By remaining present in the body, they learn that the anxiety they experience is merely a reaction to perceived threats. By positively responding to threatening events instead of being reactive they can overcome their fight-or-flight responses.</p> | <p>There is more robust evidence about the positive impacts of mindfulness for adults – so could be used to support staff wellbeing or the wellbeing of any significant adults in the child/young person's life.</p> <p>This approach can be used as a preventative, whole class/school approach.</p> <p>This approach can be used to provide targeted support for a child/young person.</p> <p>Make it fun. Many children find it hard to sit still and respond more positively to mindful movement, such as walking mindfulness exercises or yoga.</p> <p>Find developmentally appropriate breathing awareness exercise, such as Teddy Bear Breathing for younger children where children are asked to place a teddy bear on their tummy and watch it move up and down as they breathe.</p> | <p>Information booklet on mindfulness, what it is, how to practice it and how it can help:</p> <p>Smiling Mind (2018). Evidence based guidelines for mindfulness in schools: A guide for teachers and school leaders.</p> <p>Mindful (Gerszberg, C.O.), (2017) Best Practices For Bringing Mindfulness Into Schools Awaken and The Future of Education Mindful Classrooms (including links to mindful programs).</p> |