

mindfulness for school staff



8-week mindfulness
programmes have
been shown to:

Reduce
teacher stress

Improve
regulation of
stress

Increase self
compassion

Increase
teaching
efficacy

These in turn are
thought to affect:

The classroom
environment

Individual pupil
wellbeing

73% of newly qualified teachers in the UK consider leaving
(Association of Teachers and Lecturers 2015).

Teachers report that current teaching climates generate
work-related fatigue, depression and anxiety, cynicism and low
self-efficacy (NASUWT 2013).

Teacher stress and burnout (exhaustion with depressive symptoms;
Swider and Zimmerman 2010) can negatively impact pupil
engagement and learning through teacher absenteeism, reduced
self-efficacy and diminished teaching effectiveness.

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Bringing mindfulness to young people and those who care for them since 2007

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mindfulness for young people strongest impact



These conclusions stem from what would be considered good quality, reliable research, ie peer-reviewed, published and appearing in evidence reviews by Professor Katherine Weare - widely held as the UK's custodian of academic research into mindfulness, and very rigorous indeed in her evaluations.

MBIs = Mindfulness Based Interventions/programmes.

PLEASE READ: Research on mindfulness in schools is still in its infancy, particularly in relation to impacts on behaviour, academic performance and physical health.

We need more and larger Randomised Control Trials, more replication and longer follow ups, more measures designed specifically for young people, and a wider range of measures.

Signs and symptoms of

Child & Adolescent Depression

Anxiety

The emotional response to stress, e.g. feeling of worry, nervousness or panic.

Stress

In terms of both perceptions and reactions to stressors.

Caring & Compassion

For self and others.

Emotional Self-Regulation

The ability to respond to what life throws at you with the range of emotions in a way that is appropriate given the stimulus and the situation.

Social & Emotional Skills

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mindfulness for young people

cognition/learning

Executive Function

(a set of mental skills that help manage time, pay attention, switch focus, plan and organise, and remember details.

Learning

Academic Grades

N.B. There is evidence for a small to medium impact, on but it is early days!

Meta-cognition

(reflecting on thought processes, ie stepping back from and noticing your thinking)

Cognitive processes,

particularly on the ability to focus and sustain the attention



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mindfulness for young people

physical health

There is promising early evidence for impacts on ...

Heart Rate

Blood Pressure

Cortisol
Production

Associated with stress
levels

Sleep Quality

Eating
Problems

Obesity prevention and
signs of eating disorder
(limited number of
studies)

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mindfulness for young people behaviour

There is promising
early evidence for
impacts on ...

Attention Deficit
Hyperactivity
Disorder (ADHD)

Hostility

Aggression

Problem
Behaviour



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mindfulness for young people special needs

Impacts reliably
shown on ...

Attention Deficit Disorder (ADHD)

(Bogels et al, 2008;
Zylowska et al, 2008)

Autism Spectrum Disorder (ASD)

(Hwang et al, 2015) in homes and
clinics, and Thom & Montgomery
(see below)

* Specifically, an adapted
version of .b was used in a
Canadian study involving 13 x
13-17 year-olds with ASD. After .b,
and compared to control group,
students showed significant
reductions in problem behaviour,
social withdrawal and gains in
social skills and adaptability.



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