



This term in Bounce, Years 7, 8, 9 and 10 will be looking at Mindfulness as a strategy to develop resilience. Practicing mindfulness gives us the ability to be completely present in the moment, to ignore disruptive, negative and repetitive thoughts and to become more connected to our environment and to others. Mindfulness meditation is a moment for us all to 'switch off', calm down and regroup our thoughts.

The following is an excerpt from the article below.

<http://au.reachout.com/what-is-mindfulness>

Mindfulness is a special way of paying attention that can help with how you cope with everyday life or deal with tough times, and there are great benefits for your physical and mental health.

What is mindfulness?

Mindfulness is about training yourself to pay attention in a specific way. When a person is mindful, they:

- Focus on the present moment
- Try not to think about anything that went on in the past or that might be coming up in future
- Purposefully concentrate on what's happening around them
- Try not to be judgemental about anything they notice, or label things as 'good' or 'bad'

We spend so much time thinking over stuff that has happened in the past, or worrying about things that may happen in the future, that often we actually forget to appreciate or enjoy the moment. Mindfulness is a way of bringing us back to experience life as it happens.

When you're mindful, it:

- Helps clear your head
- Helps you be more aware of yourself, your body and the environment
- Helps to slow down your thoughts
- Slows down your nervous system
- Helps you to concentrate
- Helps you relax
- Can help you cope with stress

Who is mindfulness for?

Mindfulness is something that everyone can develop, and it's something that everyone can try. It's been practiced for thousands of years, with origins in Eastern philosophy, and over the past 40 years, it has been taken up in western societies. People can increase their mindfulness in everyday life, through activities like meditation and yoga, or even by simply paying more attention during regular activities like walking, driving or something as basic as brushing your teeth.

Why build mindfulness?

There is a lot of evidence on the many benefits of mindfulness; it can:

- Help to relieve stress
- Help to improve sleep
- Help manage depression and/or anxiety
- Help you to be less angry or moody
- Improve memory
- Help you learn more easily
- Help you to solve problems more easily
- Make you happier
- Help you to be more emotionally stable
- Improve your breathing
- Reduce your heart rate
- Improve your circulation
- Improve your immunity, or
- Help you to cope with pain.

Families can practice mindfulness in a number of ways including (but not limited to):

- Mindfulness meditation through Apps such as Smiling Mind or Buddhify
- Mindfulness colouring activities
- Practicing an activity that you can get totally absorbed in (away from technology) such as drawing, exercising, jigsaw puzzles, origami.
- Being more aware of what is going on in your body (eg temperature, heart rate etc) and trying to be more connected in everyday activities by noticing how things feel.



If you have any concerns for the wellbeing of your child, please do not hesitate to contact the Wellbeing team at the College.



Year 9's doing some colouring "It makes me feel calmer"