



Mindfulness Belongs In Every Classroom

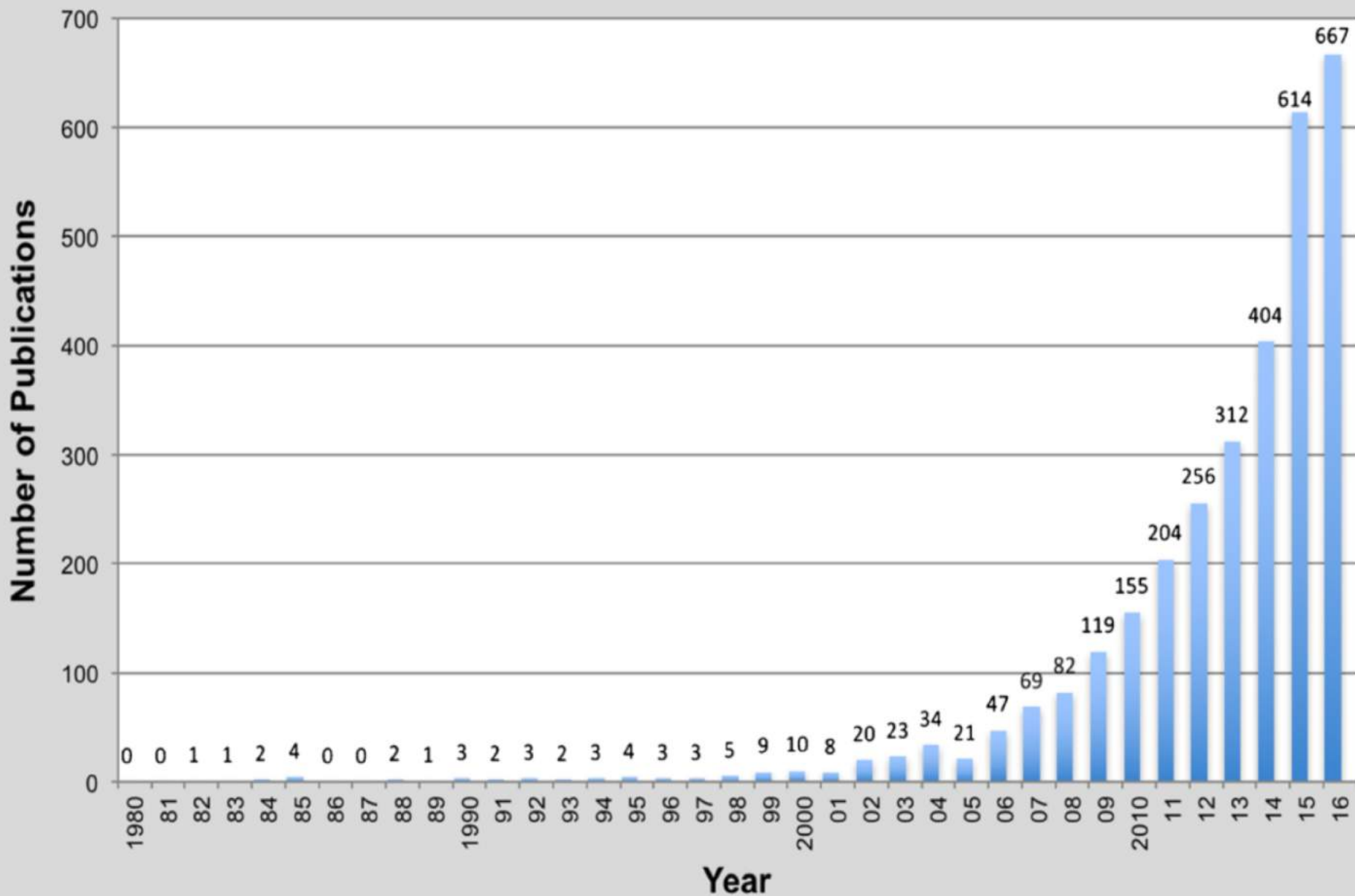
Dr Richard Chambers
Clinical Psychologist
Mindfulness Consultant

“The faculty of voluntarily bringing back a wandering attention over and over again is the very root of judgment, character, and will. An education which should improve this faculty would be *the* education *par excellence*.”

William James, 1890

“...but it is easier to define this ideal than to give practical instructions for bringing it about.”

Mindfulness Journal Publications by Year, 1980-2016



American Mindfulness Research Association, 2017

Source: goAMRA.org

Effective for **wide range** of issues

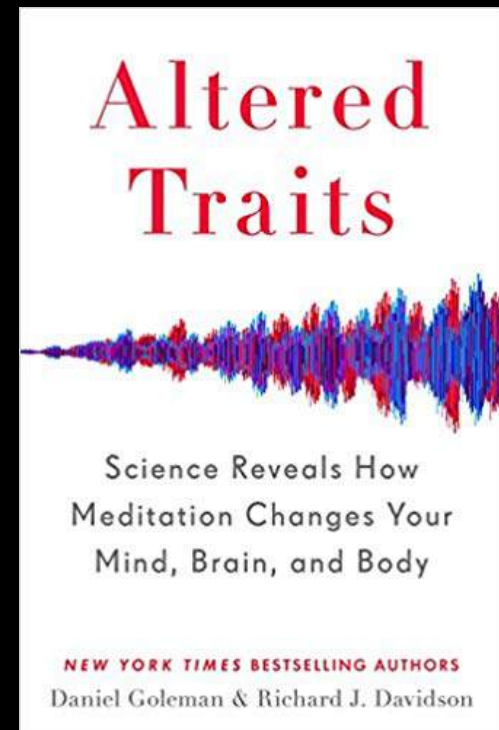
Solid evidence for

Stress

Depressive relapse

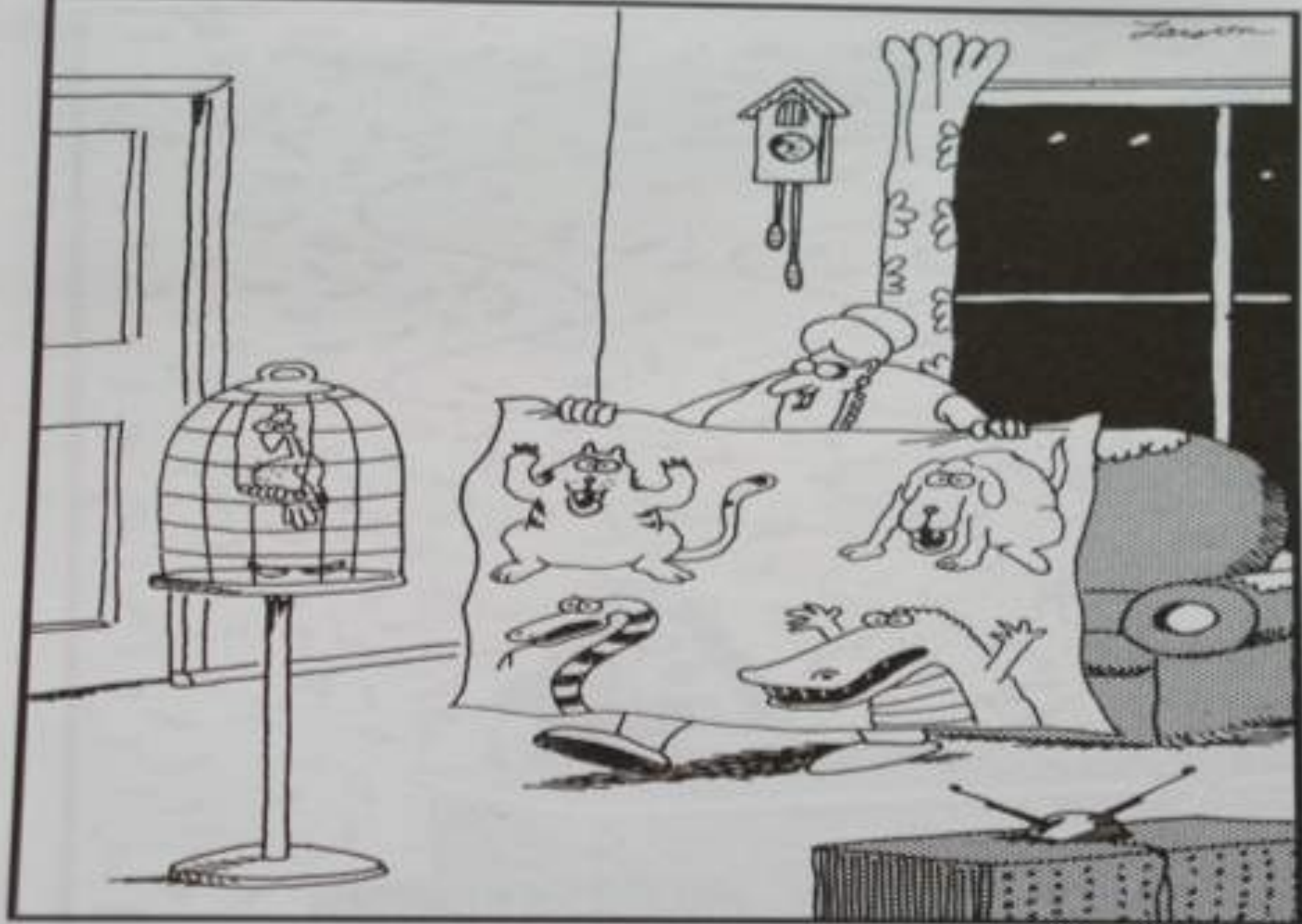
Attention & focus

Compassion for others









"Bedtime, Leroy. Here comes your animal blanket."

Stress & Performance

Clogs **short-term memory**

- Limited capacity (5 to 9 items)

Ashcraft & Kirk (2001)

Cortisol impairs ability to

- Absorb new information
- Connect emotionally with others

Lindauer et al. (2006)

Stress & Performance

Impaired **immunity**

Neural atrophy

- **Prefrontal cortex** Sapolsky (1992)
- **Hippocampus** Ansell et al. (2012)

Growth of **amygdala**

- More stress responses
- **Anxiety & depression**

Young People's Mental Health

Depression biggest health problem by 2020

75% mental health problems onset age 15-25

Mental health issues

- **1 in 7** primary students
- **1 in 4** secondary students

Suicide biggest killer of young people

Mindful Stress Reduction

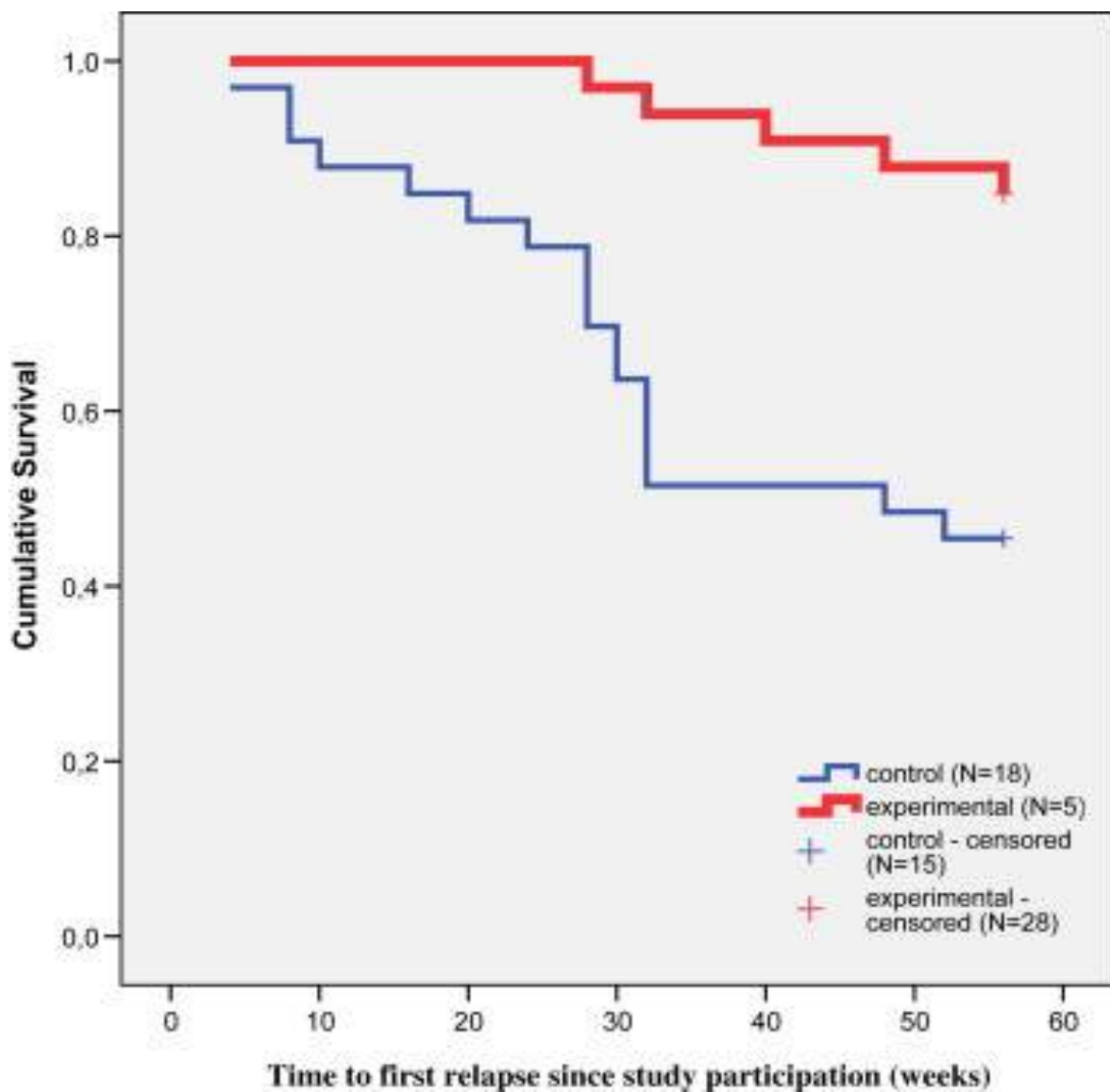
Meta-analysis (**209 studies**) found **reduced stress**

- Pre/post
- Waitlist control
- Compared to active treatments

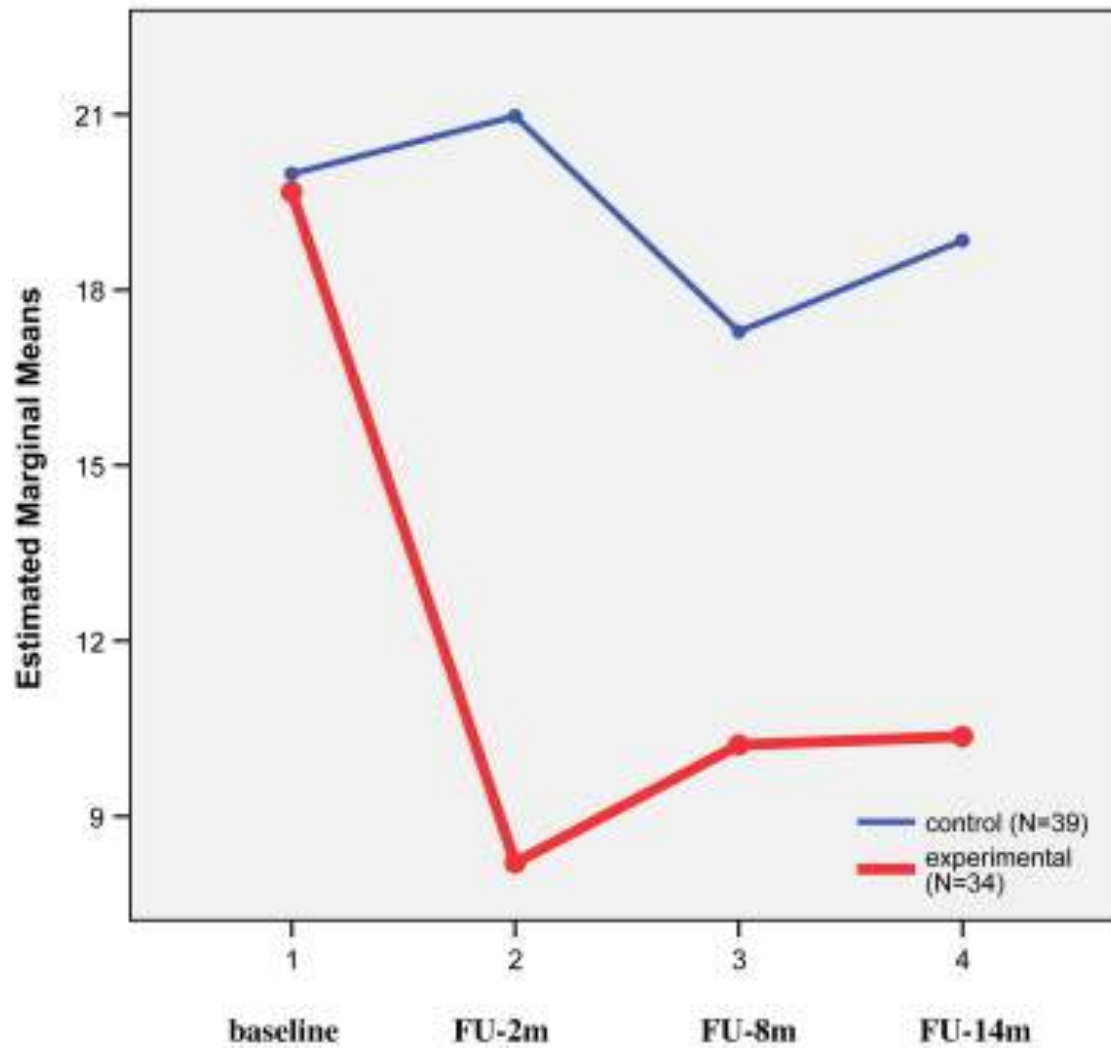
Khoury et al (2013)

Improved **immunity & brain functioning**

Davidson et al (2003)



BDI



Distraction – Our Default State

Today

Notifications



Mail



Chris 12m ago

Important Message

This email is important, so you're receiving this notification!

64 seconds to refocus after checking **email**

Jackson, Dawson & Wilson (2002)

Check **every 5 mins** = waste **8.5 hours / week**

Smartphones and cognitive performance

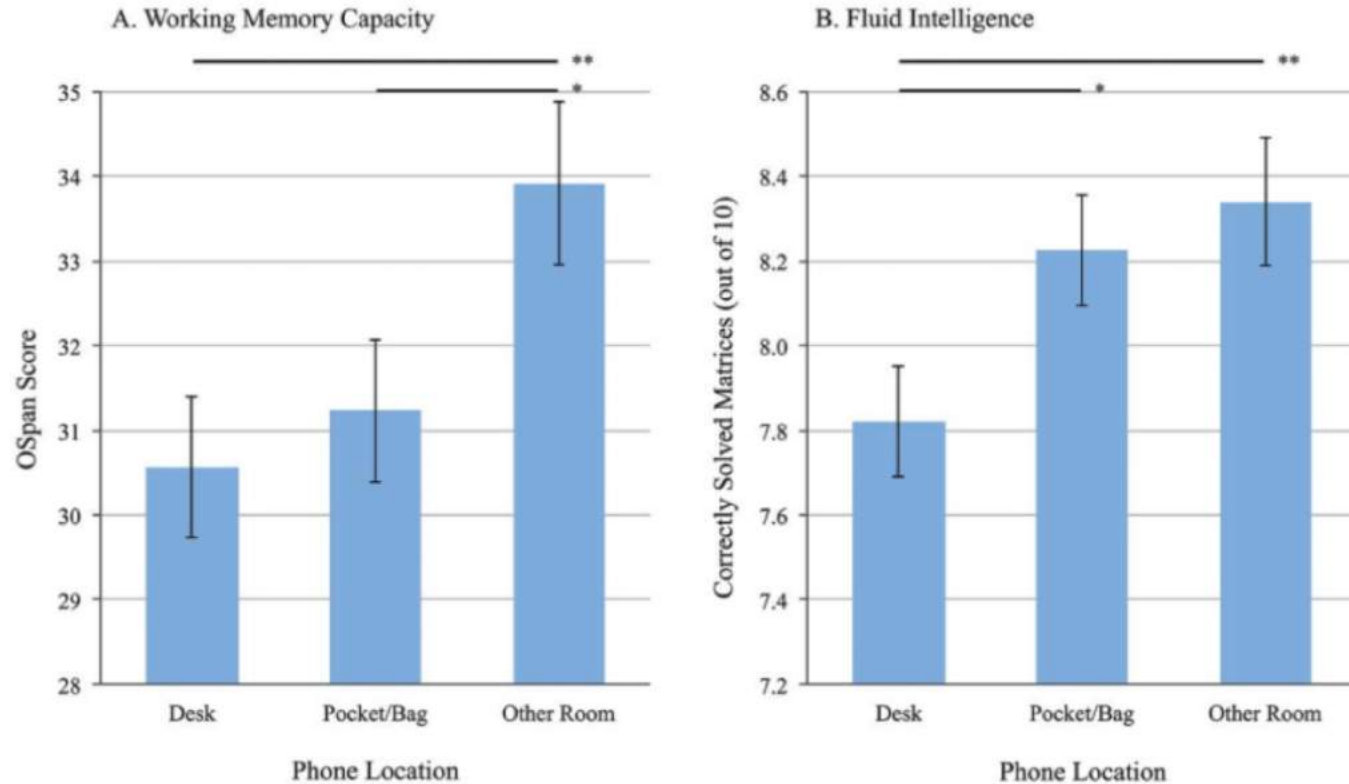


Figure 1. Experiment 1: effect of randomly assigned phone location condition on available WMC (OSpan Score, panel A) and functional Gf (Correctly Solved Raven's Matrices, panel B). Participants in the "desk" condition (high salience) displayed the lowest available cognitive capacity; those in the "other room" condition (low salience) displayed the highest available cognitive capacity. Error bars represent standard errors of the means. Asterisks indicate significant differences between conditions, with $*p < .05$ and $**p < .01$.

Meditation

A man in a dark suit and tie is sitting at a dark desk, meditating with his eyes closed and hands clasped. To his left is an open silver laptop. To his right is a white coffee cup on a saucer with a spoon. Further right is a black mesh pen holder containing several pens. The background features a wood-paneled wall and a framed picture of three clocks.

Attention

Planning & reasoning

Short-term memory

Emotion regulation

Impulse control

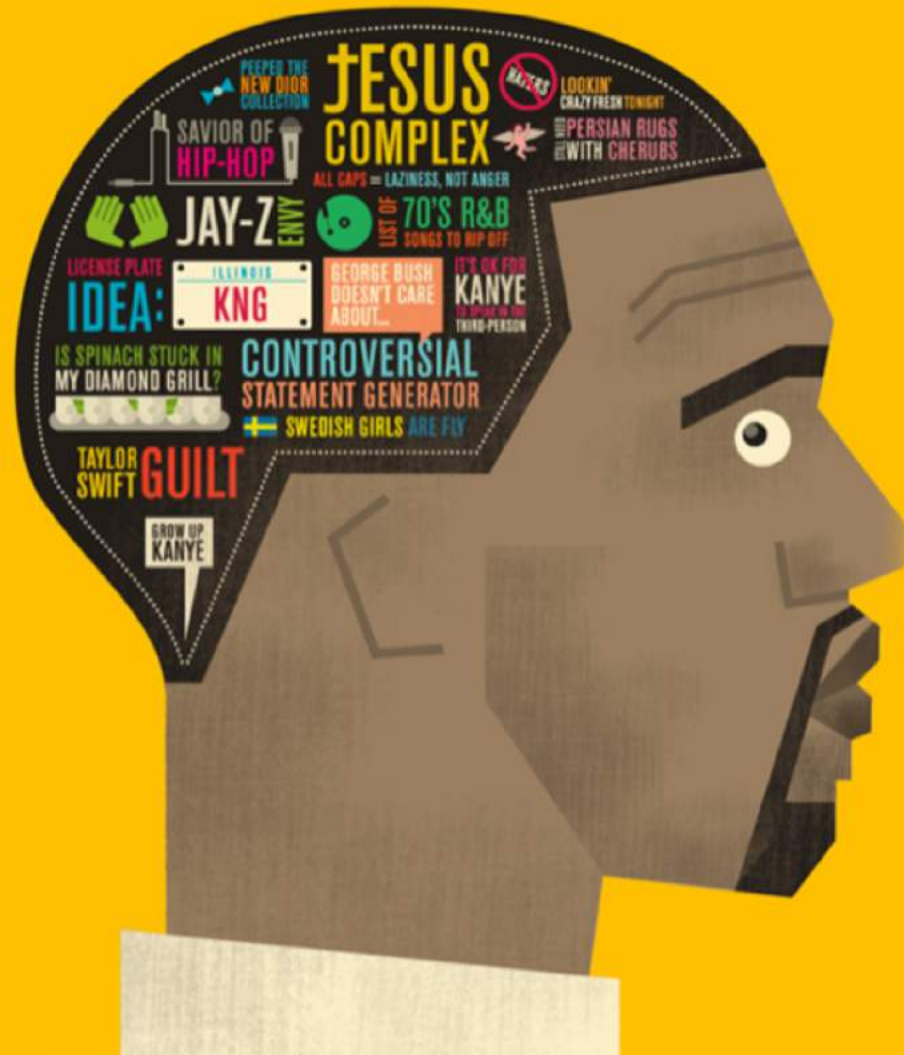
Self-awareness



INSIDE THE MIND OF

KANYE WEST

With all of his controversial outbursts and larger-than-life ego, it's easy to assume that Kanye West doesn't think before he says anything. Here's what his stream of consciousness would read like if we were able to take a look inside the layers of the brazen rapper's cranium.



KEEPER THE NEW DIOR COLLECTION

SAVIOR OF HIP-HOP

JESUS COMPLEX

ALL CAPS = LAZINESS, NOT ANGER

BAZERS

LOOKIN' CRAZYFRESH TONIGHT

@PERSIAN RUGS @WITH CHERUBS

HANDS

JAY-Z ENVI

DISC

LIST OF 70'S R&B SONGS TO RIP OFF

LICENSE PLATE

ILLUMINATOR

GEORGE BUSH DOESN'T CARE ABOUT...

IT'S OK FOR KANYE TO SPEAK IN THE THIRD PERSON

IDEA:

KNG

GEORGE BUSH DOESN'T CARE ABOUT...

IT'S OK FOR KANYE TO SPEAK IN THE THIRD PERSON

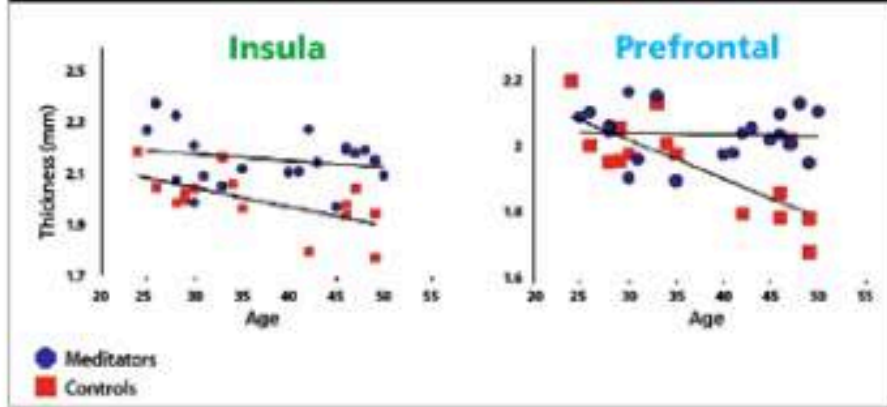
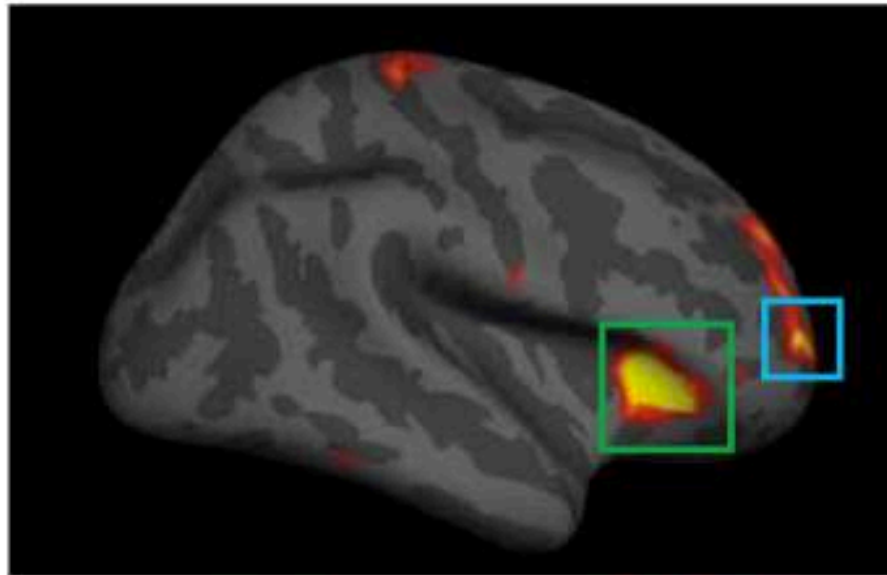
IS SPINACH STUCK IN MY DIAMOND GRILL?

CONTROVERSIAL STATEMENT GENERATOR

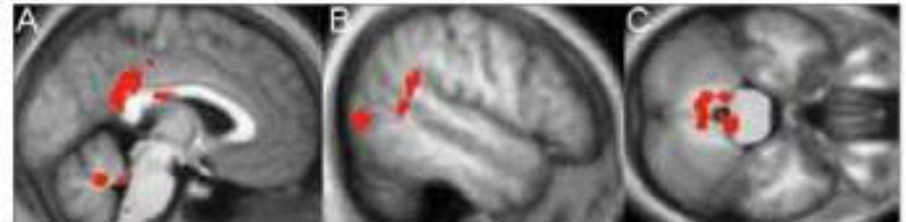
SWEDISH GIRLS ARE FLY

TAYLOR SWIFT GUILT

GROW UP KANYE

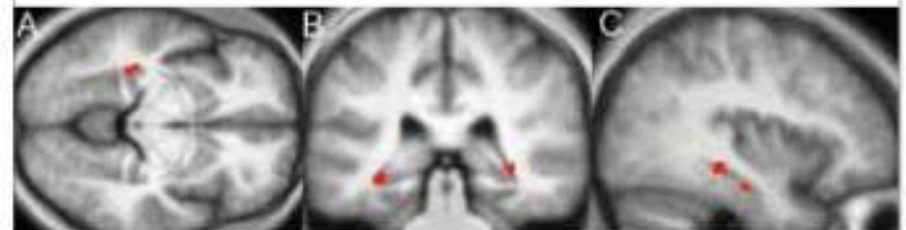


Cortical areas are thicker in meditators. Image © Sara Lazar.



Areas that showed increase in gray matter concentration following eight weeks of mindfulness-based stress reduction.

- A: posterior cingulate cortex and cerebellum,
- B: temporo-parietal junction,
- C: cerebellum and brain stem.



Brain scans of the hippocampus, showing the regions that were affected by meditation.

Images adapted from Britta Hölzel, et al., *Psychiatry Research: Neuroimaging* Vol. 191 (1), January 30, 2011, pp. 36-43.

Images © Britta Hölzel.

Benefits Of Meditation

Just **10 min/day**

- Less **stress, anxiety & depression**
- Healthy **work/study engagement**

Hassed et al. (2009)

6 mins before class improves **test performance**

- Better **retention** and **recall**
- Esp. **young** students / difficulty **concentrating**

Ramsburg & Youmans (2013)

Mindful Schools

Wellbeing

- Stress, anxiety & depression
- Emotion regulation

Academic performance

- Attention & memory
- Study skills

Social-emotional learning

- Social skills
- Self-esteem

Teacher Wellbeing

Reduced

- Psychological symptoms
- **Burnout**

Improved

- Observer-rated **classroom organisation**
- **Attention**
- **Self-compassion**



www.drrichardchambers.com