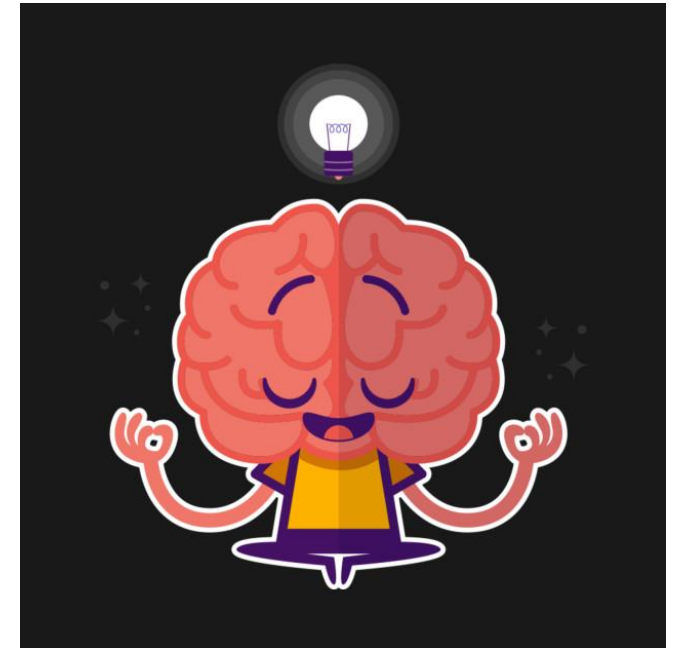


# Mindfulness

- "paying attention in a particular way: on purpose, in the present moment, and non-judgementally" (Kabat-zinn, 1994)

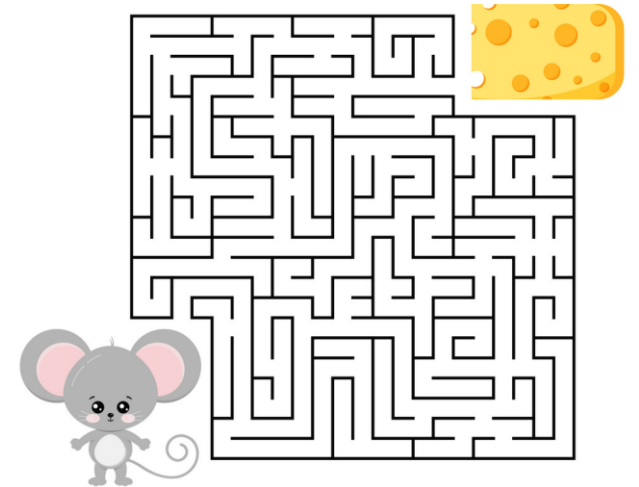
# Mindfulness – The Benefits of Control

- A lot of the time, we let our mind run free and don't try to control our thoughts. But you can, and it has benefits.
- Mindfulness allows you to gain control over your thinking. This means you can choose to think positively.
- Positive thinking has been shown to increase **cognitive performance**.
- Cognitive performance is your ability to think clearly, focus, and problem solve.



# Mindfulness – A Look at the Research

- In 2001, researchers named Friedman and Forster looked at the benefits of positive thinking.
- They had two groups of students. They all had to solve the problem of getting a cartoon mouse to the end of a maze.
- One group directed the mouse towards some cheese (positive). The other group directed the mouse away from an owl (negative).
- After this, the students had to complete a creativity task. The group who helped the mouse move towards the cheese were more creative than those who moved the mouse away from the owl.
- This shows us how positive thinking can have a lasting effect on our performance. Positive thinking makes us more creative.



# Mindfulness – A Short Activity

What are you thinking about right now?

Hold that thought in your mind and label it. Is it happy, sad, angry? How would you describe it?

Imagine that your mind is a television. You can only watch one channel. But you can choose the channel.

Each channel is a thought.

Let's explore what might be on the other channel.

What might be on your happy channel?

Now think about what you would put on your relaxed channel?

What about your 'feel good' channel?

Take some time to think about each of these three channels in detail.

Draw a picture to represent each channel. Focus on every detail as you draw.

# Mindfulness – Take Away Points

- Positive thinking allows you to think more clearly and be more creative.
- Practicing mindfulness will help you to control your thoughts, and keep them positive.
- Whenever you feel angry, upset or worried, you can practice changing the channel.
- Think about your happy channel, your relaxed channel, and your feel good channel.

