

Who Benefits From Mindfulness?



Engage:

Are you walking the dog or is the dog walking you?



Mind Full, or Mindful?



You Might be Surprised to Find Out That...

Celebrities talk mindfulness:



"It feels good. Kinda like when you have to shut your computer down, just sometimes when it goes crazy, you just shut it down and when you turn it on, it's OK again. That's what meditation is for me." **Ellen DeGeneres**

"I meditate every day. I do it in the mornings for

about 10 to 15 minutes. I think it's important because it sets me up for the rest of the day." **Kobe Bryant**

"My life is better when I get still regularly. Call it meditation or call it quiet time – doesn't matter. The benefits are the same. If you stay with the practice, it's like developing spiritual muscle. I promise you will become less stressed, more focused." **Oprah Winfrey**

"I practise different strains of meditation and it's really changed my life. It is not a religious thing."
Hugh Jackman

Lebron James Practices Mindfulness
Six Athletes that Meditate to Improve Their Game

How Can Mindfulness Help You?



- Studies show that students who meditate before an exam perform better than students who do not
- Mindfulness practice can improve concentration
- Mindfulness-based interventions have been demonstrated to reduce the symptoms of anxiety, stress and depression
- Mindfulness, including eating mindfully, has been linked to weight loss
- Meditation practice has been demonstrated to increase immune function – in one study, people who meditated produced more antibodies to the flu vaccine than people who didn't meditate



Learn About Your Brain

- Watch this TEDx talk "[Mindfulness and Neural Integration](#)" by Daniel Siegel, M.D.
 - You can watch the whole thing if you like, but the part I want you to watch starts at the 12 minute mark.
- You can choose to take sketchnotes on this TEDx talk or fill out the [4C's Reflection](#) page

	Share • Post your work on this Padlet: ◦ Sketchnote takers will need to upload a photo of their notes. ◦ 4C's Reflectors will post the text from one of their four boxes.
	Reflect • How has your thinking about mindfulness changed? (respond to this question on Google Classroom)
	Extend Learn about the Four Areas of Attention • Buddhanet Audio Try a Guided Meditation: • Guided Meditations by Tara Brach • UCLA Health-Free Guided Meditations

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