



NIHR Global Health Research Group on Promoting Child and Adolescent Mental Wellbeing in sub- Saharan Africa

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Evidences on Mindful Practice

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- **Outline**

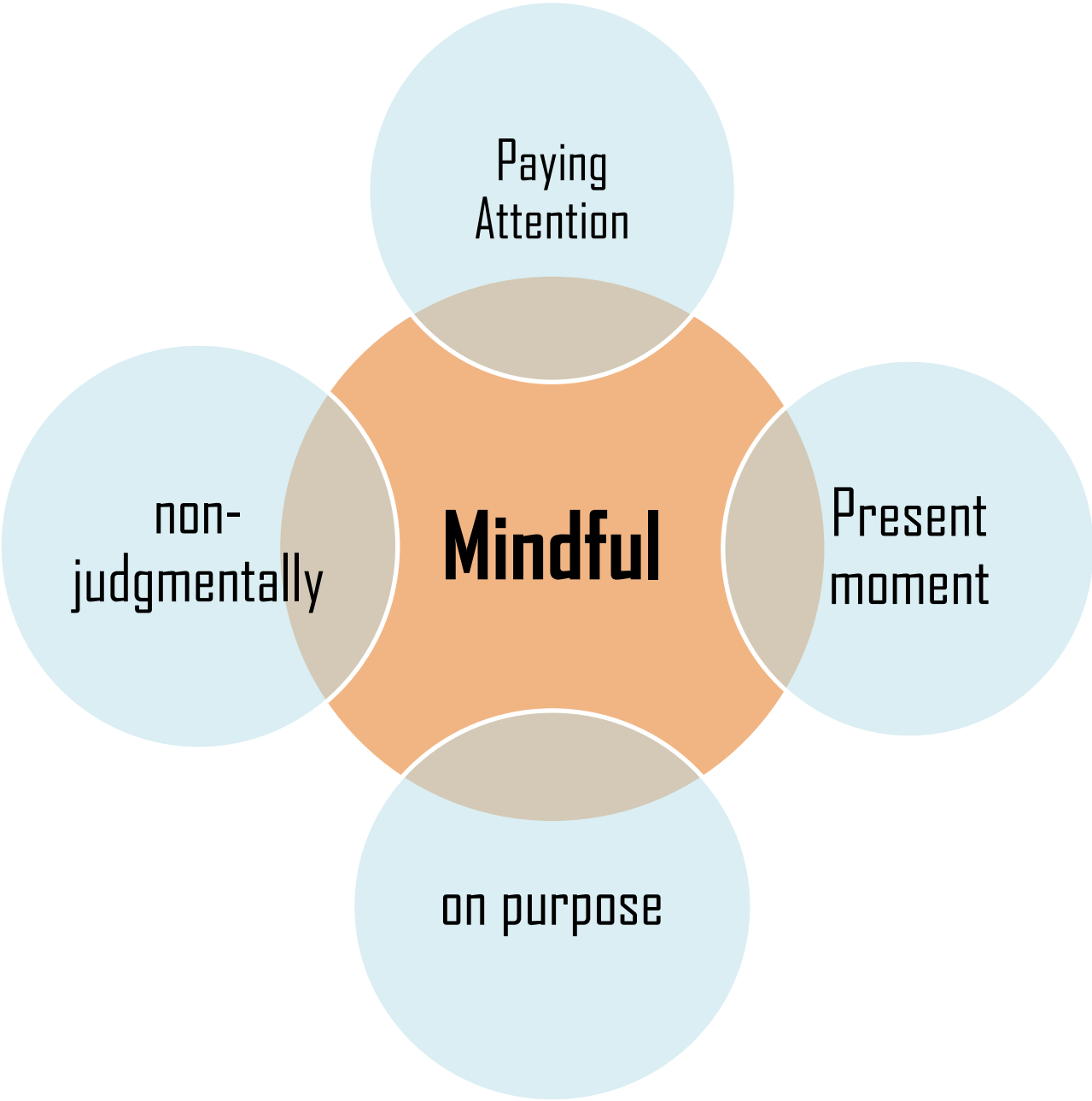
- Concepts on mindful
- Mindful practice
- Evidence on mindful
 - Overall
 - In education





Definitions of Mindfulness

- Mindfulness is the practice of paying attention to the present moment with openness, curiosity, and acceptance.
- Mindfulness means paying attention in a particular way, on purpose, in the present moment, and non-judgmentally (Kabat-Zinn, 1994).
- This kind of awareness nurtures greater awareness, clarity and acceptance of present moment reality.





- Hea Ann Sunim (2017) said that
"So, where is the home of our mind? Where is the most comfortable and safe home of happiness? That is the "present moment"
- Marchand (2012) "[Mindfulness] has been described as a practice of learning to focus attention and awareness on moment-by-moment experiences with an attitude of curiosity, openness, and acceptance"



- Evidence on mindful

Reduces anxiety and depression

- Mindfulness can help reduce negative emotions and increase positive ones.
- From research, this practice can lower cortisol, the stress hormone, help them regulate their emotions and cope with difficult situations more effectively.



Improves academic performance

- Mindfulness can also improve academic performance by enhancing cognitive skills.
- Studies show that mindfulness can decrease anxiety experienced during tests and improve learning outcomes for students.
- Improved attention, memory, creativity, and problem-solving are noted benefits of mindfulness.
- Reduced procrastination and mind-wandering can also be experienced from practicing mindfulness.
- For educators, mindfulness can lead to better curriculum planning, more engaging lessons, and assessing students more accurately.



Fosters social and emotional skills

- Mindfulness can foster social and emotional skills that are essential for learning and teaching.
- These skills include developing empathy, compassion, and communication skills.
- It can also help build positive relationships with peers, colleagues, and parents.
- Research shows that mindfulness can increase social awareness, self-awareness, self-management, and responsible decision-making. Practicing mindfulness can also reduce aggression and bullying.



Promotes physical health and wellness

- Mindfulness can also promote physical health and wellness for students and educators. An improvement to sleep quality, immune system, and cardiovascular health are associated with the practice. Mindfulness is also known to help prevent or manage chronic pain, headaches, and fatigue. Lower blood pressure, heart rate, and inflammation is also shown in research.



Enhances personal growth and happiness

- Finally, mindfulness can increase life satisfaction, happiness, and well-being. Practicing this method can help discover strengths, passions, and values of one's self. It can also help cultivate gratitude, joy, and optimism.
- Mindfulness is also known to increase self-esteem, self-compassion, and resilience.
- Mindfulness is a powerful skill that can benefit students and educators in many ways. It can help them improve their mental, emotional, cognitive, social, physical, and personal aspects of learning and teaching. By practicing mindfulness regularly, they can enjoy a more fulfilling and rewarding educational experience.



School-based mindfulness

- provides a collective community activity with a particular experiential and acceptance-based approach.
- As such, it may help young people to know themselves better, realize their true capacities, cultivate positive behavioural/internal processes, and build resiliency.
- Furthermore, it has the potential to promote their sense of safety, psychological wellbeing, social competence, mental health, and academic success (Rawana, Diplock, & Chan, 2018).



- The evidence suggests
- have positive impacts on the psychological, mental, and social health of the young, improve the wellbeing of children and adolescents, and reduce the overall burden of health spending by focusing on preventive interventions (Semple & Burke, 2019; Weare, 2019).
- Beyond that, the teachers' involvement with mindfulness can increase their sense of wellbeing and selfefficacy, contributing to a prosocial classroom and positive student outcomes (Jennings et al., 2012).



- Reduces stress and depressive symptoms (Felver et al., 2016; Kuyken et al., 2013; Zenner et al., 2014).
- Promotes positive mental health (Schonert-Reichl & Roeser, 2016).
- Improves psychological wellbeing (Huppert & Johnson, 2010; Kuyken et al., 2013).
- Supports psychosocial wellbeing (Felver et al., 2016).
- Supports social-emotional learning (Schonert-Reichl et al., 2015).





- **For teachers**

- Weare (2014) summarized various contributions of mindfulness-based programs for teachers,
- Reduction in occupational stress and burnout and increase in coping skills.
- Better mental health and less distress, anxiety, and depression tendencies.
- Greater wellbeing, and enhanced life satisfaction, self-efficacy, and self-confidence.
- Increased kindness, empathy, and compassion to others.
- Better physical health and fewer reported health-related symptoms.



- Thank you for your mindful listening !

Disclaimer

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