



# MINDFULNESS & PURPOSEFUL CONCENTRATION FOR STUDENT SUCCESS

**15<sup>TH</sup> ANNUAL ALTERNATIVE STRATEGIES FOR EDUCATING STUDENTS AT-RISK SUMMIT**


**TUESDAY, JULY 26, 2016**

**DR. SHERWOOD THOMPSON**





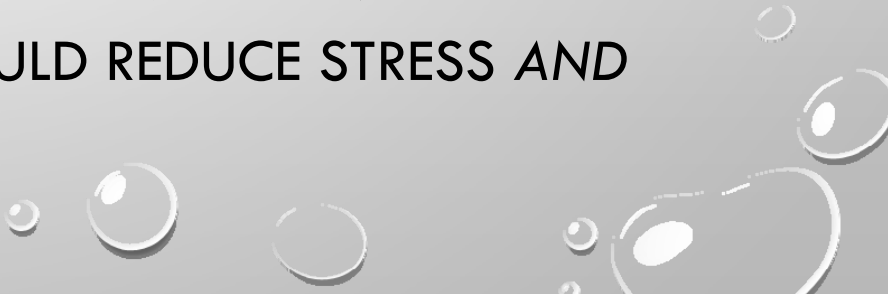
## MINDFULNESS MEDITATION AND LOWERED STRESS.

- IN A STUDY, 57 PEOPLE WHO SPENT THREE MONTHS IN A MEDITATION RETREAT, WHERE THEY WERE TAUGHT MINDFUL BREATHING, OBSERVATION SKILLS, AND CULTIVATION OF “POSITIVE” MENTAL STATES LIKE COMPASSION, THIS STUDY INDICATED THAT MINDFULNESS MEDITATION HAS A STRESS-BUSTING EFFECT.
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## MINDFULNESS MEDITATION AND LOWERED STRESS

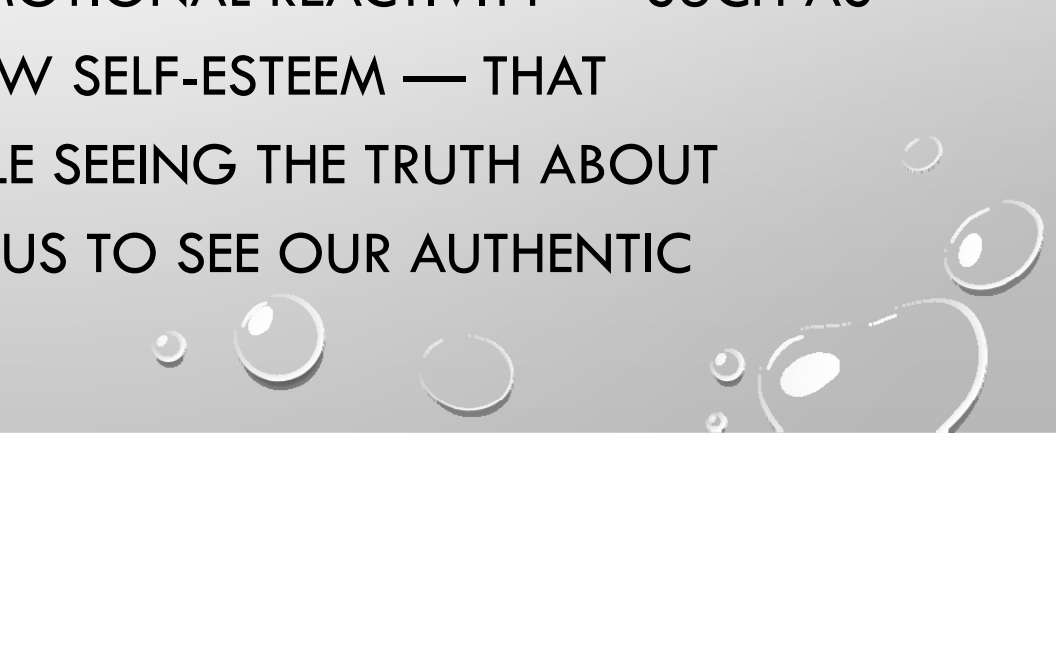
IN A 2007 STUDY IN THE JOURNAL PROCEEDINGS OF THE NATIONAL ACADEMY OF SCIENCES SHOWED THAT GOING THROUGH INTEGRATIVE BODY-MIND TRAINING (A TYPE OF MEDITATION TRAINING) HELPED TO **LESSEN THE BODY'S RELEASE OF CORTISOL** AND LOWER ANXIETY AND FATIGUE LEVELS IN COLLEGE STUDENTS. AND IN A 2008 STUDY IN THE JOURNAL OF AMERICAN COLLEGE HEALTH SHOWED THAT MEDITATION COULD REDUCE STRESS AND **BOOST FORGIVENESS.**





## MINDFULNESS MEDITATION AND SELF ESTEEM

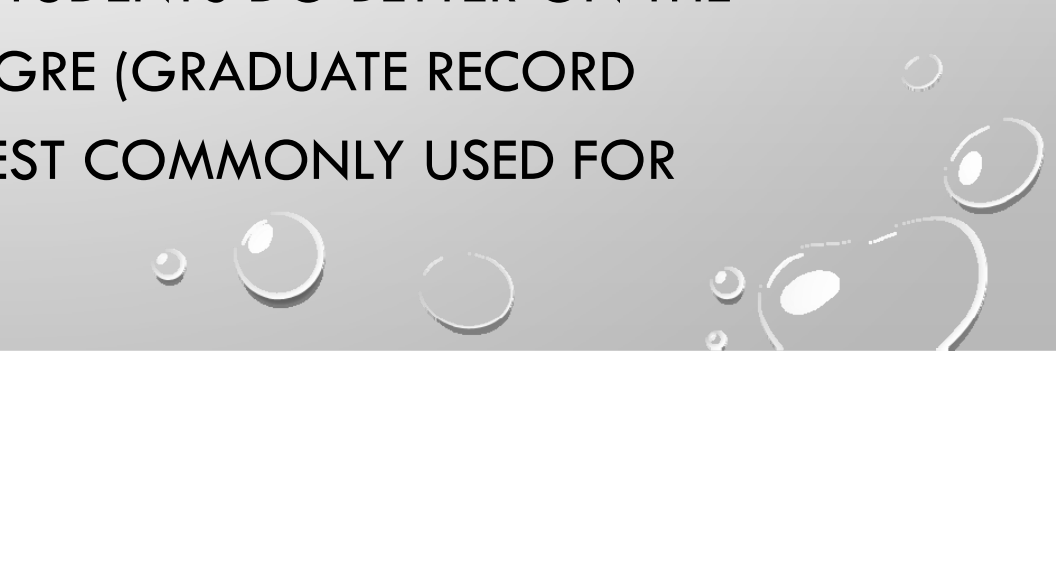
ACCORDING TO A 2013 STUDY, TWO COMPONENTS OF MINDFULNESS: ATTENTION AND NONJUDGMENTAL OBSERVATION, CAN OVERCOME THE MAJOR BARRIERS TO KNOWING OURSELVES. NON-JUDGMENTAL OBSERVATION OF ONE'S THOUGHTS, FEELINGS, AND BEHAVIOR, MIGHT REDUCE EMOTIONAL REACTIVITY — SUCH AS FEELINGS OF INADEQUACY OR LOW SELF-ESTEEM — THAT TYPICALLY INTERFERES WITH PEOPLE SEEING THE TRUTH ABOUT THEMSELVES. MINDFULNESS HELPS US TO SEE OUR AUTHENTIC SELVES.





## MINDFULNESS MEDITATION AND BETTER GRADES


A NEW STUDY SHOWS IT COULD ACTUALLY HELP STUDENTS **PERFORM BETTER ON TESTS** BY BOOSTING THEIR MEMORY AND READING COMPREHENSION SKILLS. THE STUDY, PUBLISHED IN THE JOURNAL PSYCHOLOGICAL SCIENCE, SHOWS THAT MINDFULNESS TRAINING COULD HELP COLLEGE STUDENTS DO BETTER ON THE VERBAL REASONING PART OF THE GRE (GRADUATE RECORD EXAMINATION, AN ADMISSIONS TEST COMMONLY USED FOR GRADUATE SCHOOL).





## MINDFULNESS MEDITATION AND HEALTHY BRAINS

A CHINESE MINDFULNESS MEDITATION PRACTICE IS LINKED WITH ACTUAL *PHYSICAL* CHANGES IN THE BRAIN — CHANGES THAT MAY EVEN HAVE PROTECTIVE EFFECTS AGAINST MENTAL ILLNESS. UNIVERSITY OF OREGON STUDIED PAST DATA FROM A 2010 STUDY OF 45 UNDERGRADUATE STUDENTS, AS WELL AS A PAST STUDY ON 68 STUDENTS AT THE DALIAN UNIVERSITY OF TECHNOLOGY IN CHINA, DEMONSTRATES THAT CHANGES IN BRAIN STRUCTURE MAY UNDERLIE SOME OF THESE REPORTED IMPROVEMENTS. AND THE BRAIN STRUCTURE CHANGES IN CONNECTION WITH **THE MINDFULNESS MEDITATION PRACTICE.**

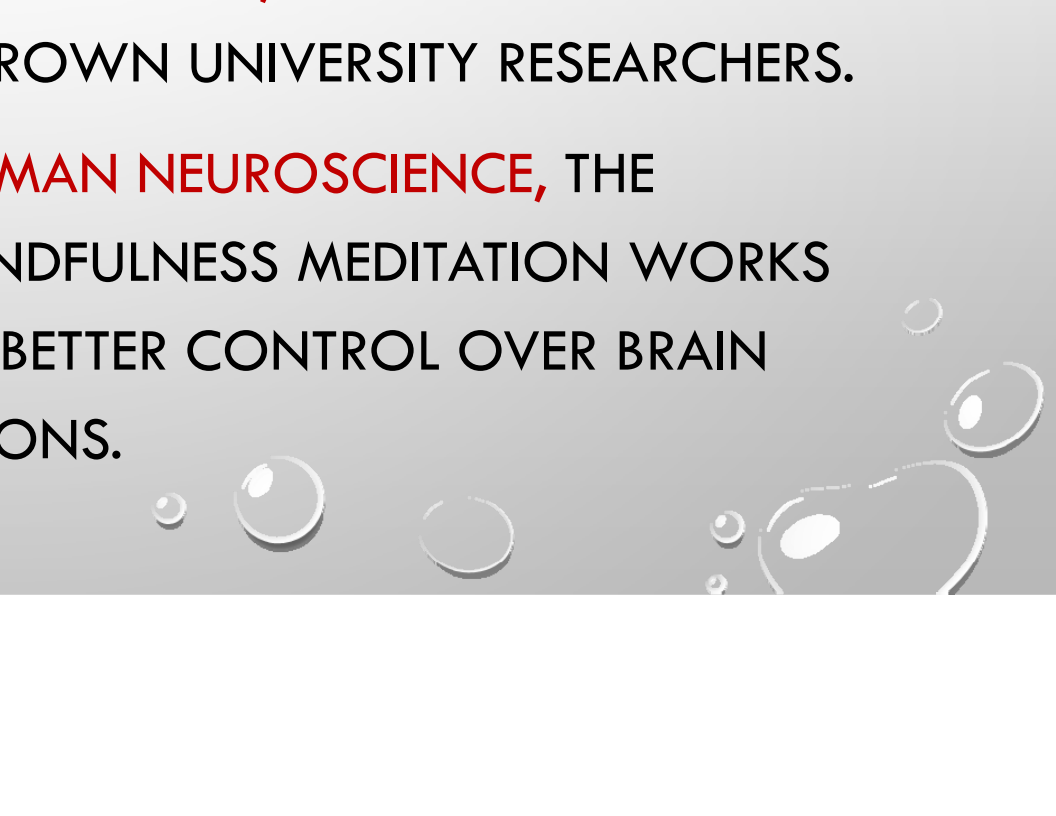




## MINDFULNESS MEDITATION AND SENSATIONS

MINDFULNESS MAY BE SO SUCCESSFUL IN HELPING WITH A RANGE OF CONDITIONS, FROM DEPRESSION TO PAIN, BY WORKING AS A **SORT OF “VOLUME KNOB” FOR SENSATIONS**, ACCORDING TO A NEW REVIEW OF STUDIES FROM BROWN UNIVERSITY RESEARCHERS.

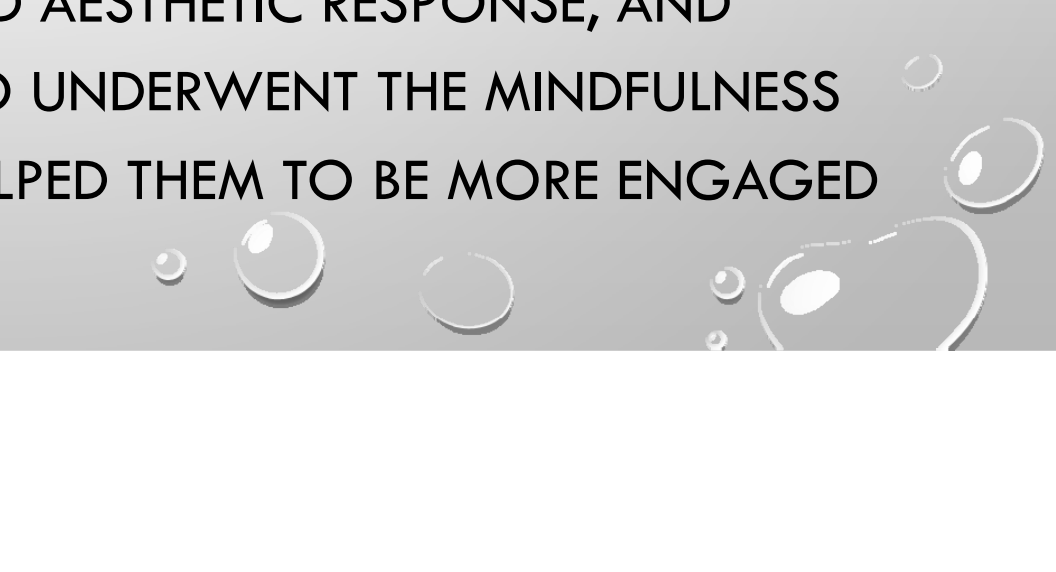
IN THE **JOURNAL FRONTIERS IN HUMAN NEUROSCIENCE**, THE RESEARCHERS PROPOSED THAT MINDFULNESS MEDITATION WORKS BY ENABLING A PERSON TO HAVE BETTER CONTROL OVER BRAIN PROCESSING OF PAIN AND EMOTIONS.





# MINDFULNESS MEDITATION AND MUSIC ENGAGEMENT

A NEW STUDY IN THE **JOURNAL PSYCHOLOGY OF MUSIC** SHOWS THAT ENGAGING IN A BRIEF MINDFULNESS MEDITATION COULD IMPROVE FOCUSED ENGAGEMENT IN MUSIC. THE STUDY FOUND THAT MOST OF THE PARTICIPANTS — INCLUDING THOSE WHO UNDERWENT THE MINDFULNESS MEDITATION AND THOSE WHO DIDN'T — EXPERIENCED FLOW AND AESTHETIC RESPONSE, AND MORE THAN HALF OF THOSE WHO UNDERWENT THE MINDFULNESS MEDITATION THOUGHT THAT IT HELPED THEM TO BE MORE ENGAGED IN THE MUSIC.








## MINDFULNESS MEDITATION EFFECT LAST EVEN IF YOU ARE NOT MEDITATING


RESEARCHERS FOUND BY STUDYING TWO GROUPS OF SUBJECTS, THAT THE PEOPLE WHO TOOK MEDITATION COURSES EXPERIENCED **DECREASED ACTIVITY IN THE AMYGDALA** IN RESPONSE TO IMAGES THAT PROVOKED NEGATIVE EMOTIONS — A SIGN THAT THEY WERE COPING WELL WITH STRESS AND WERE EXPERIENCING STABILITY OF THEIR EMOTIONS. BUT PEOPLE WHO ONLY WENT THROUGH THE HEALTH EDUCATION CLASS EXPERIENCED AN *INCREASE* IN THE AMYGDALA IN RESPONSE TO IMAGES THAT PROVOKED NEGATIVE EMOTIONS.





# MINDFULNESS MEDITATION MAKES YOU A BETTER PERSON

MEDITATION DOESN'T JUST MAKE YOU A BETTER PERSON MENTALLY AND PHYSICALLY, BUT IT COULD **ALSO MAKE YOU A BETTER PERSON** WHEN IT COMES TO COMPASSION. A NEW STUDY FROM NORTHEASTERN UNIVERSITY AND HARVARD UNIVERSITY RESEARCHERS SHOWS THAT **MEDITATION CAN IMPROVE COMPASSION** AND DO-GOODER BEHAVIOR.





# MINDFULNESS MEDITATION AND EMOTIONAL STABILITY

MINDFULNESS, HAS BEEN SHOWN TO HAVE A NUMBER OF BENEFITS, INCLUDING **EMOTIONAL STABILITY AND IMPROVED SLEEP**. NOW, SOME SCHOOLS HAVE STARTED INCORPORATING MINDFULNESS PROGRAMS INTO THEIR CURRICULUMS, TEACHING KIDS AS YOUNG AS **FIVE YEARS OLD** HOW TO USE BODY SCANS, MINDFUL BREATHING AND ATTENTION TO THEIR THOUGHTS AND EMOTIONS TO BECOME MORE FOCUSED. ACCORDING TO A RECENT STUDY, SUCH PROGRAMS COULD BE SUCCESSFUL IN LEADING TO **REDUCED DEPRESSION-RELATED SYMPTOMS** AMONG ADOLESCENTS.

