

# JULY NEWSLETTER

## Mindfulness or Meditation?



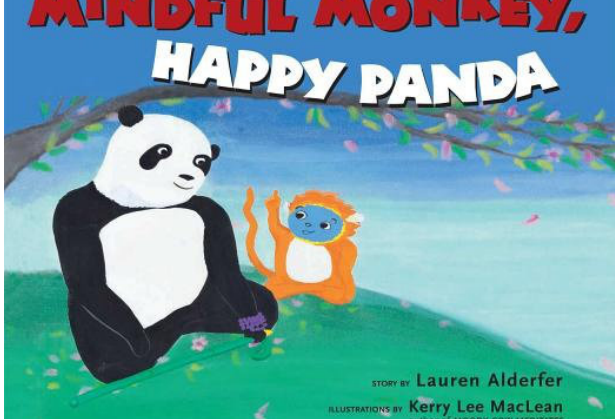
### MINDFULNESS OR MEDITATION?

Mindfulness and meditation are often used interchangeably, but are they the same? The short answer, no!

Mindfulness involves focusing all of your attention on the present, without judgment. It requires you to notice when your mind wanders and KINDLY redirect it back to the present. We can incorporate mindfulness into our daily lives. We can eat mindfully, walk mindfully, talk mindfully and so on. This requires us to focus all our senses on the task at hand. Research indicates that when we engage in an activity mindfully it stimulates our prefrontal cortex - the area of our brain responsible for self-regulation and calm.

Meditation too stimulates the prefrontal cortex. It requires us to offer kindness to ourselves and focus all of our attention on a sound, word, thought, or to empty our minds of all thoughts. Meditation requires mindfulness, however mindfulness does not necessitate meditation! For instance, we cannot meditate whilst engaging in a conversation with someone or eating.

So if you are considering whether you should meditate or practice mindfulness we at Growing Strong Minds suggest you do both. Try a brief mindful meditation from [Smiling Mind](#). Practice drinking a mindful cup of tea/coffee: Allow yourself 5-10 minutes of uninterrupted time to enjoy your drink. Feel its warmth in your hand, breathe in the aromas, sip it slowly and enjoy the taste. Focus your mind on the activity and when it wanders (as it will) kindly redirect it back to the task at hand. Savouring and engaging mindfully calms us and counteracts our Negativity Bias - our natural inclination to ruminate on the negative.



### Book Recommendation

A simple book for primary school children to learn about mindfulness. Focusing our attention stimulates our prefrontal cortex, creating calm and increasing our ability to learn.

[See More >>](#)

### Positive Behaviours for Learning (PBL)

Strong Minds compliments the PBL approach. Both are evidence based, whole school strategies to wellbeing.

Strong Minds provides all members of the community – parents, staff and students with a shared character strength language to articulate the PBL expectations.

For instance 'Respect' is evident in the character strengths of Integrity/Authenticity, Kindness, and Fairness. 'Responsibility' requires the strengths Self-Regulation and Prudence. 'Personal Best' requires the strengths: Love of Learning, Hope, Perseverance, Energy/Enthusiasm, Curiosity and Bravery.

Strong Minds gives students tools (their signature strengths) to meet the behavioural expectations of the PBL. It also provides resources to prime the environment for wellbeing. Lastly it facilitates an inclusive harmonious environment, as all members of the school are valued for their unique strengths.

[Strong Minds >>](#)



### WHY IS TERM 4 THE BEST TIME TO COMMENCE STRONG MINDS?

Term 4 is when staff are most fatigued and in need of wellbeing. Strong Minds provides all staff with recommendations to build resilience and collegial relationships.

Once a term of staff wellbeing has been implemented schools are ready to start the student component. Therefore the student wellbeing unit of work can commence in 2018.

Teachers start the year with tools to enhance their own wellbeing, and create an inclusive resilient environment for their class.

[BOOK NOW!](#)  
or [REQUEST AN INVOICE](#)

[Learn More >>](#)

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Warmest wishes,  
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