

Why Mindful Practice



Mindfulness is an Equity Strategy

- As we become familiar with our own biases, we can practice mindfulness and perspective-taking.
- Research shows mindful practice as one of the most effective ways of decreasing cognitive overload and implicit associations (biases) during the decision process.
- Mindfulness can improve our personal ability to fully focus on the present, be aware of what is happening around us, and understand how others may be experiencing the world.
- Mindfulness can also help us to align our associations with our beliefs.

What is Mindful Practice

Mindful practice is the ability to be fully present and aware of where you are, what your doing, and what you are thinking in what's going on around and within your thoughts.



Mindful Benefits

- Increases acceptance of self and awareness of thoughts.
- Improves emotional and behavioral self-regulation, frustration, tolerance and self-control.
- Enhances ability to pay attention and improve concentration.



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Self Assessing and Reflecting to Reduce Assumptions

Mindful Focus Areas



Preparing Students for Mindfulness

- Explicitly teach students the benefits of mindfulness before starting the practice to increase knowledge and reduce myths.
- Create routines around transitions, to start/end of the day, before group collaboration, and assessments.
- Use signals or tools to start mindful activities such as soft music, change in tone, body cues, and light changes.
- Avoid signal/tools traditionally utilized in faith practice.

Building A Mindful Culture of Practice

- Recognize mindfulness as a skill that must be modeled and developed over time.
- Allow students the opportunity to lead the mindful practice.
- Include mindfulness tips on your website, back to school information, weekly school newsletter.

Model Breathing and Posture

- Inhale through the nose,
- Exhale through the mouth.
- Allow students to become comfortable with mindful breathing, it takes time.
- Remember: Posture is important and will send signals to the brain; encourage an appropriate, comfortable posture.

Visit: Mindfulness at Greater Good Science Center, Berkeley University
<https://greatergood.berkeley.edu/topic/mindfulness>