



## Benefits of Mindfulness Training

### School Administration Benefits:

- **Higher Test Scores:** Schools with SEL programs result in higher academic achievement than those without. Mindfulness goes even further than SEL in that it creates the foundational awareness necessary to access the cognitive skills necessary for acquiring social and emotional learning.
- **Reduced Extra Staffing Cost:** Mindfulness training to staff may reduce teacher absenteeism and need for substitute teachers. When teachers feel less burned-out, and have greater mental health, they may need less sick days.
- **Reduced Suspensions and Expulsions:** Mindfulness may reduce need for principal disciplinary actions as teacher efficacy in classroom management is strengthened and students learn to self-regulate their behavior.

### Staff Benefits:

- **Decreased Teacher Stress:** Teachers are highly stressed; these levels are at the highest ever seen in Michigan and nationwide. Teacher distress affects the quality of teaching, especially for those students who are most disenfranchised and behaviorally challenged. Mindfulness training reduces stress in educators.
- **Improved Classroom Management:** Teacher mindfulness may reduce disciplinary action, as teachers feel more efficacious. Studies show classroom climate is improved with staff mindfulness training.
- **Improved Mental Health:** Teacher anxiety and depression is reduced as a result of mindfulness training.
- **Enhanced Teacher Caring:** Teachers show increased compassion to struggling students and situations. Teachers trained in mindfulness are rated as more sensitive in their interactions with students.

### Student Benefits:

- **Greater Attention:** Studies show improved attention, including better performance on objective tasks that measure attention and executive control.
- **Better Self- Regulation:** Mindfulness is associated with better emotion regulation so that there is less reactivity, and better ability to engage in tasks even when emotions are activated.
- **Calming:** Studies show that mindfulness improves anxiety and reduces depression and distress. Test anxiety is reduced so that high schools students perform better on standardized tests.

*We offer a complete Mindfulness Training Program that will create a meaningful and sustainable shift in the culture of your school community.*