

Mindfulness at Charlotte Lab

"Research shows that mindfulness training integrates the brain and strengthens the important executive functions that support emotional and social intelligence as well as academic success."

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What is Mindfulness?

Mindfulness can be summed up as "inner education." Mindfulness practice helps us to be a scientist of our experience and supports us in:

1. Understanding and training our attention
2. Seeing thoughts, emotions, and feelings more clearly and learning to relate to them in a more skillful way
3. Becoming aware of the habits of our own mind and intentionally cultivating particular qualities that are more aligned with our values
4. Learning how to better connect and attune with others, and developing more awareness of our relationship with our environment.

History of Mindfulness

In 1979 Dr. Jon Kabat-Zinn held the first secular mindfulness course, called Mindfulness-Based Stress Reduction, at UMass Medical School. Now mindfulness has become a mainstream influence in *medicine, psychology, business, and education and featured on the cover of Time Magazine in 2014.*

Research over the past thirty years has taught us that Mindfulness includes improvements in; emotional regulation, *attention, sleep, self-esteem, ADHD, anxiety, and depression.* Recent brain imaging research, including research by Massachusetts General Hospital and Harvard University, explains that mindfulness practice can positively alter the structures of the brain that is associated with learning, memory, stress, and empathy (Jon Kabat-Zinn)-Middlesex School.

Important Websites-Research

- <http://thehawnfoundation.org/mindup/>: This is currently the program that we are using at Charlotte Lab School. There are 16 different lessons that we will conduct during our advisory sessions throughout the school year.
- <http://www.mbaproject.org/the-future-of-the-mindful-education-institute-mei/>
- <http://www.umassmed.edu/cfm/>
- <https://mindfulnessinschools.org/>

Websites for Kids:

- Mindful Life Schools (www.mindfullifeschools.com)
- Inner Kids (<http://susankaisergreenland.com>)
- Stressed Teens (<http://www.stressedteens.com/about-2/stressed-teens/>)

Books for Kids:

Peaceful Piggy Meditation
Moody Cow Meditates
Ahn's Anger
Each Breath a Smile
Beau the Bee
The Three Questions
Zen Shorts
The little Engine that Could
HUG

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Books for Adults:

Mindset: How we can Learn to Fulfill our Potential by Carol S. Dweck
Just one Thing, By Rick Hanson
Coming to Our sense, by John Kabat-Zinn
A Mindfulness-Based Stress Reduction Workbook
By Elisha Goldstein
One-minute Mindfulness, by Donald Altman
How to Train a Wild Elephant: And Other Adventures in Mindfulness, by Jan Chozen Bays

Helpful Apps/Resources:

- [Radio Headspace](#)
Produced by Headspace, this is their "weekly podcast all about how the mind works, and what the mind is capable of." Available on iTunes.
- [Headspace \[App and website\]](#)
"Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day." This is a subscription-based program, with a variety of options. You can try it 10 days for free. Paid subscribers get access to thematic meditations, tracking tools and an SOS meditation for helping you calm down right when you need it!
- [More Than Sound \[website\]](#) Another online shop for mindfulness tools. "Headquartered in western Massachusetts, our small, dedicated staff creates and publishes media tools focused on emotional intelligence, leadership, and mindfulness for personal and professional development."
- [Mindful Magazine](#): Read online, or next time you're in the library, browse through the "unplugged" version on our periodicals shelf!
"We offer personal stories, news-you-can-use, practical advice, and insights that speak to anyone from novice meditators looking for guidance to corporate managers exploring new ways to cultivate workplace engagement and fulfillment."