

THE BENEFITS OF MINDFULNESS

Mindfulness provides a range of benefits to its practitioners, including some benefits that may be particularly relevant to educators.



Improved attention¹



Better performance and concentration span²



Improved emotion regulation³



Less reactivity to external circumstances⁴



Better ability to engage in tasks even when emotions are activated⁵



More likely to help someone in need⁶



Greater self-compassion⁷



Mindfulness reduces feelings of stress⁸



Decreases anxiety and distress⁹



SOURCES

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