



Frequently Asked Questions

WHAT DO SESSIONS LOOK LIKE IN SCHOOLS?

Our child focused sessions in schools are delivered to a whole class, small group or 1:1 over the course of a term. We also offer training solely for educators.

The sessions provide CPD to the class teacher or support assistant as they are fully involved. By the end of the course, the class teacher or support assistant will be fully equipped with the understanding and tools to continue to implement the learning.

I AM A PARENT, WHAT DO THE SESSIONS LOOK LIKE?

The sessions include the child/ren and parent(s) in a home setting or with other families in a community setting. The programme will be tailored to meet the needs of the child/ren.

HOW DOES THIS APPROACH HELP MY CHILD WHO EXPERIENCES ANXIETY?

Thoughts in the mind, over thinking, habitual patterns and beliefs are often the cause of anxious feelings. By understanding more about thinking, behaviours and language patterns, anxious thoughts have less power. We can respond to anxiety to a helpful way, rather than it feeling like our life is hijacked by it.

WILL MINDFUL BRAIN SEND A COACH TO ME?

Mindful Brain is based in Reading, Berkshire. Please contact us to find out if we can work with you. We aim to serve all locations where possible.

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WHY SHOULD I GET INVOLVED?

The need to teach an understanding of thinking, behaviours and language patterns as well as healthy coping strategies in early education has never been more urgent. By teaching children at a young age we are helping to develop invaluable skills for life. Our wellbeing is central to our happiness, learning and future success - a key ingredient in the education of the whole child. Fortunately, young children are natural explorers who haven't yet forgotten how to be mindful, open and curious - this makes it a wonderful age to learn these skills.

MY CHILD IS ON THE WAITING LIST FOR CAHMs.

We do not provide the same service as CAMHs. We are not a counselling or therapy service, however we often work with young people who experience neurodiversity (ASD, ADHD, anxiety disorders).

IS MINDFULNESS, COGNITIVE AND METACOGNITIVE ACTIVITIES SAFE?

If parents or educators have any significant concerns about their child's mental health, they may wish to seek professional advice and support. Please also read the information shared here: <http://www.oxfordmindfulness.org/news/is-mindfulness-safe/>

HOW IS IMPACT MEASURED?

The learning is experiential and explorative. Educators and parents will see and feel the impact. Schools can use their own processes to measure wellbeing if chosen.

CAN I JUST USE A WELLBEING APP?

Mindfulness and wellbeing APPS have lots of benefits, however they cannot beat the individualised approach you get from a 'real life' learning.

DO THESE PROGRAMMES YOU OFFER HELP ANYONE?

It is a bit like a gym membership... If you become a member of a gym, but never visit to work out, you won't see the results. The child and adult need to be 'on board', the learning needs to resonate with them, they need to be committed to implementing the learning.

One of the tools we use is mindfulness....

WHAT IS MINDFULNESS?

It sounds airy fairy... but did you know mindfulness based interventions are now prescribed through the NHS?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. To be present is when we are not caught up in thoughts about the past or the future.

There are 3 aspects of mindfulness that we focus our curriculum on:

- Mindfulness techniques - both formal and informal
- Habit releasers
- Habit cultivators

<https://www.mindful.org/what-is-mindfulness/>

Some misconceptions and myths about mindfulness:

- Breathing exercises or yoga
- Obscure or exotic
- Difficult
- Religious or spiritual
- Emptying the mind - getting rid of thoughts
- Losing emotions
- Chilling out
- Trying to be positive all the time
- Sitting with your legs crossed saying 'Om'

HOW CAN MINDFULNESS BE A HELPFUL TOOL TO USE?

Applying the skills and techniques can develop:

- Greater happiness
- Self awareness and a sense of responsibility - ways we learn best (meta-cognition)
- Growth mindset - a belief that change and improvements are possible
- Ways to relax

- Healthy coping strategies for stress, anxiety and every day worries
- Better focus - supporting learning, behaviour, performance and decision making
- Improved relationships with peers, teachers and family
- An understanding of one's own mind

IS MINDFULNESS SAFE?

There's great information on this website:

<https://www.oxfordmindfulness.org/news/is-mindfulness-safe/>

Feel free to contact us for our Cautions, contra-indicators and safeguarding information.

RESEARCH

Oxford Mindfulness Centre:

[Is mindfulness safe? - Oxford Mindfulness Centre](#)

Bangor University - Centre for Mindfulness Research and Practice:

[Welcome to the Centre for Mindfulness Research and Practice \(bangor.ac.uk\)](#)

Breathworks:

[Research and how we know it works | Breathworks \(breathworks-mindfulness.org.uk\)](#)

National Institute for Health and Care Excellence:

[mindfulness | Search results page 1 | Evidence search | NICE](#)

Mindfulness in Schools

[Katherine Weare Mindfulness Evidence Review \(mindfulnessinschools.org\)](#)

Still have questions, drop us an email katie@mindfulbrain.co.uk