**Mindfulness is...**

- Wise attention
- Paying attention [Jon Kabat-Zinn]
- Being where you are and noticing it [Jon Kabat-Zinn]
- Being aware of what’s happening, as it’s happening [InnerKids Program]
- Mindfulness is present moment awareness [Mindfulness in Plain English]
- Mindful awareness can be defined as paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is. [MARC]
- The awareness that emerges through paying attention, on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment. [Jon Kabat-Zinn]

**Mindfulness Meditation**

**The Five Essentials of Meditation** (*Soul Centered, Sarah McLean*)

1. It’s okay to have thoughts during meditation
2. Don’t try too hard
3. Let go of expectations
4. Be kind to yourself
5. Stick with it

**Benefits of Mindfulness:** Research shows mindfulness can impact life positively in the following ways:

- Reduce Stress
- Reduce chronic physical pain
- Boost the immune system
- Reduce emotional reactivity
- Increase self-awareness
- Improve attention and concentration
- Enhance positive emotions
- Cultivate well-being and happiness
- Positively impact the brain
**Mindfulness Traits that Support Facilitative Leadership**

- Capacity to be non-judgmental
- Ability to be non-reactive; display equanimity
- Ability to be in the silence; ability to listen
- Ability to act with awareness; having awareness of what you are doing, when you are doing it
- Ability to label and describe an internal condition

"...between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

—Viktor E. Frankel, Man's Search for Meaning

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Mindfulness creates space, changing impulsive reactions to thoughtful responses.

<table>
<thead>
<tr>
<th>Without Mindfulness</th>
<th>Reaction</th>
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<tbody>
<tr>
<td>Stimulus</td>
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<table>
<thead>
<tr>
<th>With Mindfulness</th>
<th>Response</th>
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<tbody>
<tr>
<td>Stimulus</td>
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<tr>
<td></td>
<td>Response</td>
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We help to grow this space, enabling new, wiser responses that improve attention, learning, emotional regulation, empathy, and conflict resolution.

From: Mindful Schools — http://www.mindfulschools.org

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**RESOURCES**

**Books:**
- The Wise Heart: A guide to the Universal teachings of Buddhist Psychology, Jack Kornfield, Ph.D.
- The Mindful Brain, Daniel J. Siegel. M.D.
- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, Jon Kabat-Zinn, Ph.D.
- Soul Centered: Transform Your Life in 8 weeks with Meditation, Sarah McLean

**Websites:**
- Mindful Awareness Resource Center (MARC)–UCLA  
  [www.marc.ucla.edu](http://www.marc.ucla.edu)
- Mindful Schools  
  [http://www.mindfulschools.org](http://www.mindfulschools.org)
- The Mind Body Awareness Project  
  [http://www.mbabject.org](http://www.mbabject.org)
- InnerKids Program