



# Mindful Learning

*Dr. Craig Hassed, Dr. Richard Chambers*

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**Mindful Learning** Dr. Craig Hassed, Dr. Richard Chambers

**The most complete and readable mindfulness primer for educators and anyone who works with high school kids and young adults.**

Mindfulness-based stress reduction (MBSR), as pioneered by Jon Kabat-Zinn and others, is now being successfully applied in myriad areas of human activity—most recently, education. It's no surprise that psychologists and educators have found that mindfulness-based practices improve attention and performance and reduce stress in the classroom and in other school-based activities. This book is a thorough yet readable introduction to mindfulness and its applications and a primer for educators on how it can be used with students, with numerous practical exercises.

The authors cover such topics as

- cultivating resilience and managing stress
- emotional development
- communication and relationships
- mindful use of technology
- mindfulness for enhancing creativity
- mindfulness and sports
- teaching with attention
- working with resistance
- managing personal stress in the classroom
- and much more

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