

ABOUT DISCOVER MINDFULNESS



Photo by M. Lee Freedman

“Be the change that you wish to see in the world.”

– Mahatma Gandhi

WHO WE ARE

Founded in 2013, Discover Mindfulness is a non-profit organization helping to create communities, tools and awareness to bring mindfulness, well-being and mental health to Canadian schools.

We educate people about the benefits and applications of mindfulness, including evidence-based mindfulness programs for educators, students, parents, and others who work with children and teens.

We are based in Ontario, Canada, and include people from all walks of life who have discovered the benefits of mindfulness, and who recognize the positive changes that mindfulness has brought to our lives. What we have seen in our own lives is now borne out by the evidence.

OUR MISSION

Be a hub for information and a catalyst for the integration of mindfulness into education as a means to overall well-being for educators, students, families and society.

WHY MINDFULNESS IN SCHOOLS?

Mindfulness has a long history of helping people to live happier, more fulfilling lives. Studies show it helps with stress, anxiety, insomnia, paying attention, resilience and self-regulation, and that mindfulness is the how of social and emotional learning.

More recently, mindfulness training has been adapted for children and teens. The evidence shows similar benefits as with adults, including both reduced stress and increased cognitive skills. Mindfulness has also been shown to benefit educators, both personally and professionally, as well as parents.

Stress and emotional difficulties can start in elementary school and are widespread in middle and high school. Teaching mindfulness to children throughout their school years will give them the tools, capacity and awareness to survive and thrive.

“Education is the most powerful weapon which you can use to change the world.”

– Nelson Mandela

WHAT WE DO

Discover Mindfulness builds communities, tools and awareness to bring mindfulness, social and emotional learning, well-being and mental health to Canadian schools. We do this by:

1. **Creating a community of people** dedicated to bringing mindfulness to schools
2. **Providing information** about the different ways in which mindfulness may benefit teachers, students, and society
3. **Acting as a hub** to allow people to see where innovation is happening and to connect with others, as well as being a showplace for ideas and a link to resources
4. **Providing opportunities to practice** mindfulness together
5. **Developing strategies** to mobilize knowledge about the benefits of mindfulness
6. **Mapping** the use of mindfulness programs for schools

SEE OUR WEBSITE FOR:

- Mindfulness programs – an overview of the leading mindfulness programs in Ontario
- Training – upcoming training sessions in and outside of Ontario, and online
- Benefits of mindfulness and the evidence behind them
- Events – including practice sessions for educators
- News
- Resources – websites, videos, books, etc.
- Fact Sheets – download this and other fact sheets
- Mapping – see where mindfulness is being taught and provide info about your school
- Ontario Ministry of Education – policies and happenings relevant to mindfulness

BENEFITS OF MINDFULNESS

- Resilience
- Self-regulation
- Concentration
- Mindfulness training teaches us how to notice and shift out of unhelpful cognitive routines
- Being more responsive and less reactive
- Awareness of thoughts, emotions, impulses to act, bodily sensations
- Present moment awareness
- Acceptance / non-aversion
- Kindness and compassion
- Ability to let go
- Self-awareness
- Increases grey matter and cortical thickness in the brain



Discover Mindfulness is an Ontario-based, non-profit whose mission is to be a hub for information and a catalyst for the integration of mindfulness into education as a means to overall well-being for educators, students, families and society.

See our other fact sheets at:
discovermindfulness.ca/tool-kit

To see the detailed studies, please visit
discovermindfulness.ca/evidence