





MINDFULNESS IN CLASSROOM (AND STAFF ROOM)

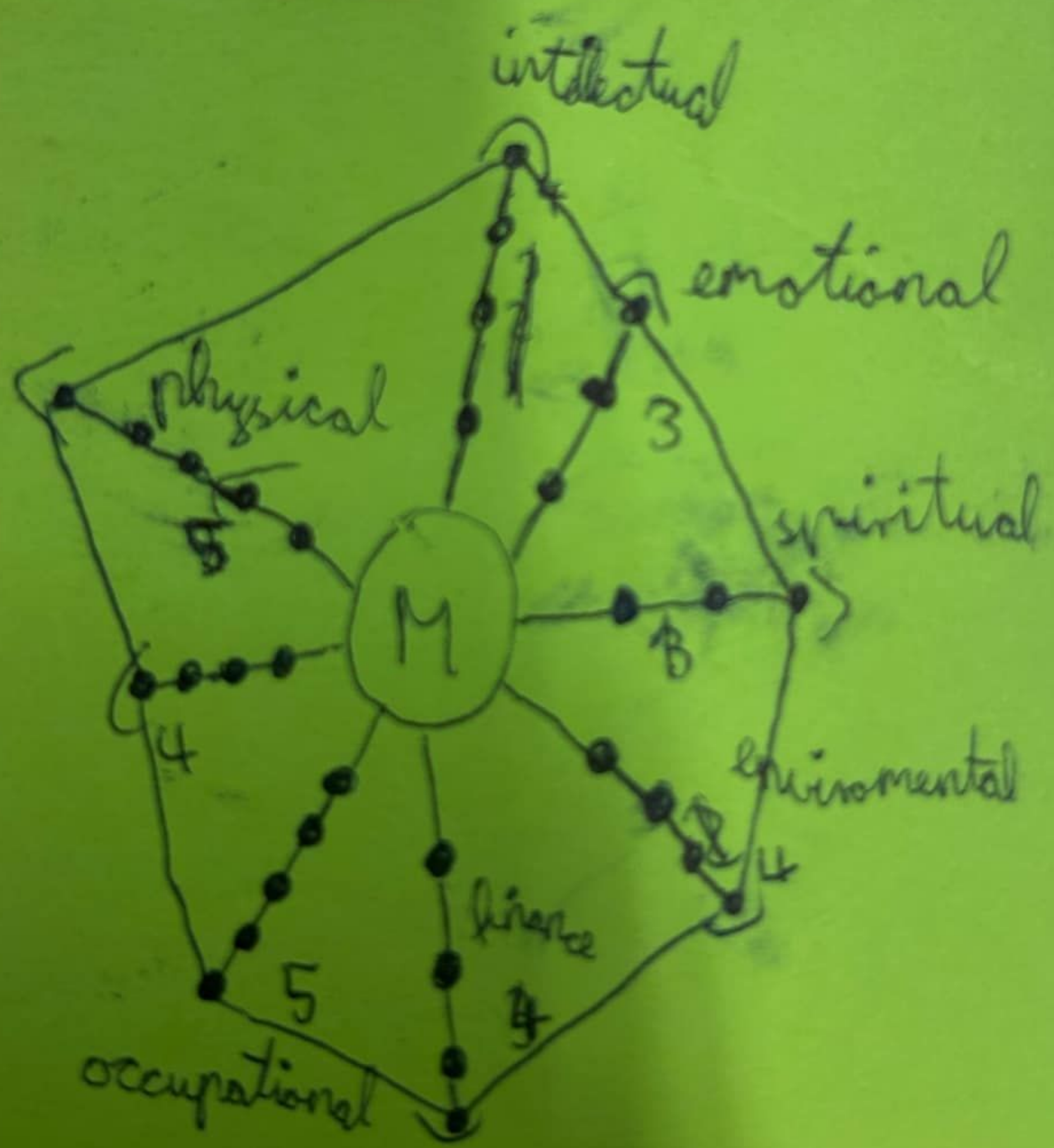
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Oxford, 7th and 8th November 2024



Menti code 7459 0730







What mindfulness isn't?

relaxation method

being without thoughts

escape from pain

trying to avoid "ordinary" life

heavy (but not light)

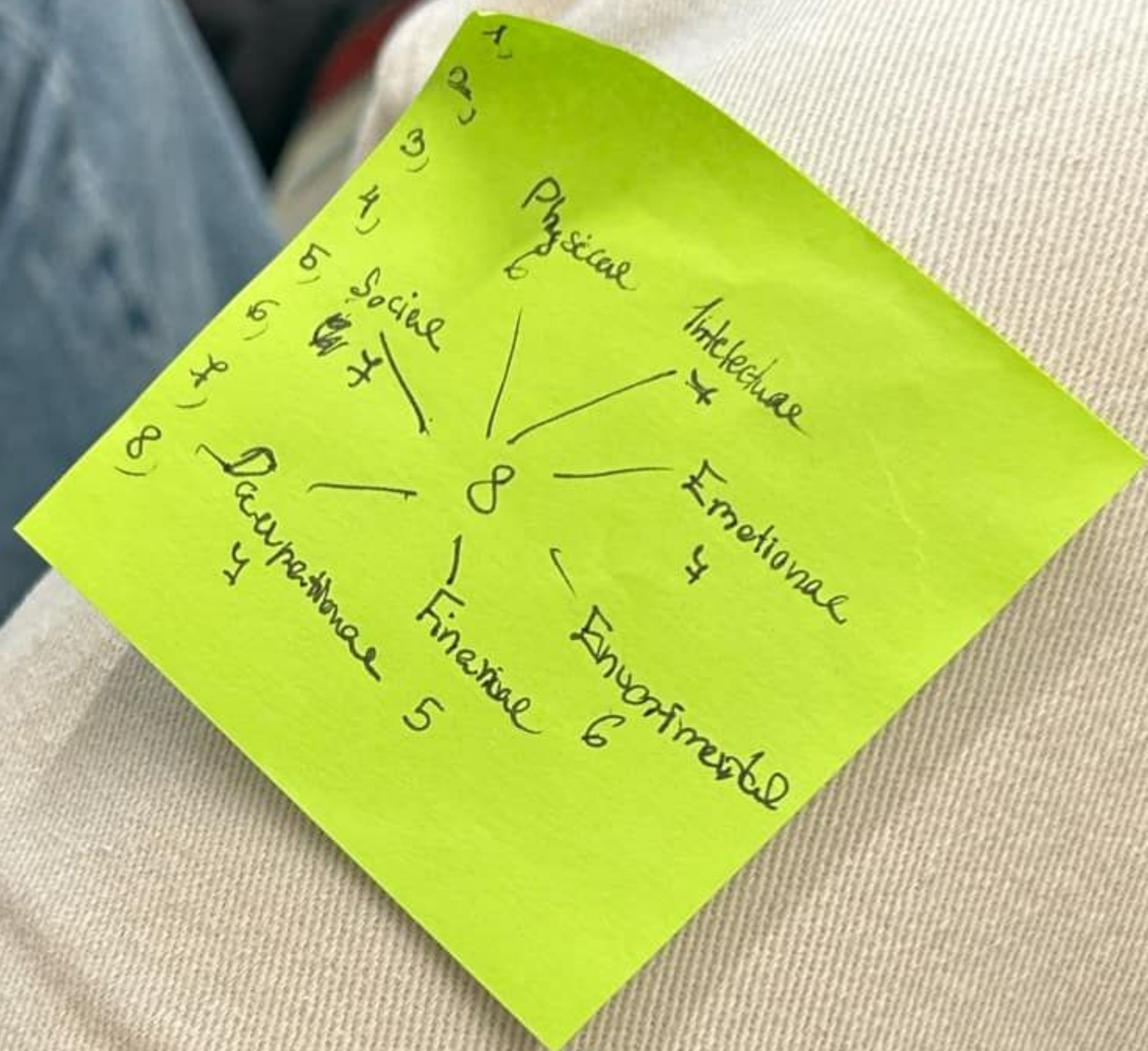
does not require a lot of time (but it is necessary to take time)

just simple attention

religion

psychotherapy (although it can have therapeutic effects)







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