

# SJT - Looking after me



Mindfulness

# Mindfulness



What is mindfulness?  
Write down your thoughts.

Mindfulness is a technique you can learn which involves making a special effort to notice what is happening in the present moment (in your mind, body and surroundings) - without judging anything.

# Mindfulness



What is mindfulness?

<https://youtu.be/QTsUEOUaWpY>

# Mindfulness



Mindfulness is not just about meditation.

This is a clip about mindfulness and its impact on some music artists. You may recognise a couple of them.

<https://youtu.be/up3MZuYkf-g>

# Mindfulness



Mindfulness is not for everyone, but it is definitely worth considering.

A school in America had a class dedicated to mindfulness.

In this clip the students reflect on how mindfulness has changed their lives.

[https://youtu.be/g\\_R9CoASHdI](https://youtu.be/g_R9CoASHdI)