



BRITISH SCHOOL
MANILA
ESTABLISHED 1976

A decorative graphic consisting of three overlapping, wavy lines in shades of blue and green, extending from the right side of the text.

Mindfulness

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**Celebrating our
Journey Together**

What is mindfulness?

It involves training our attention to experience the present moment with greater curiosity and kindness. This helps us to not only appreciate what is going well but to respond more skillfully in the here and now to life's inevitable challenges.



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Lesson One
Playing Attention
Training the muscle of your mind



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Lesson Two
Taming the Animal Mind
Cultivating curiosity and kindness



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Lesson Three
Recognising Worry
Noticing how your mind plays tricks on you



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Lesson Four
Being Here Now
From reacting to responding



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Lesson Five
Moving Mindfully



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Lesson Six
Stepping Back
Watching the thought traffic of your mind



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Lesson Seven
Befriending the Difficult



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Lesson Eight
Taking In The Good
Being present with your heart



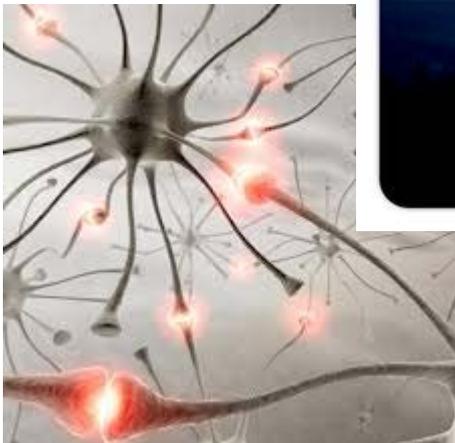
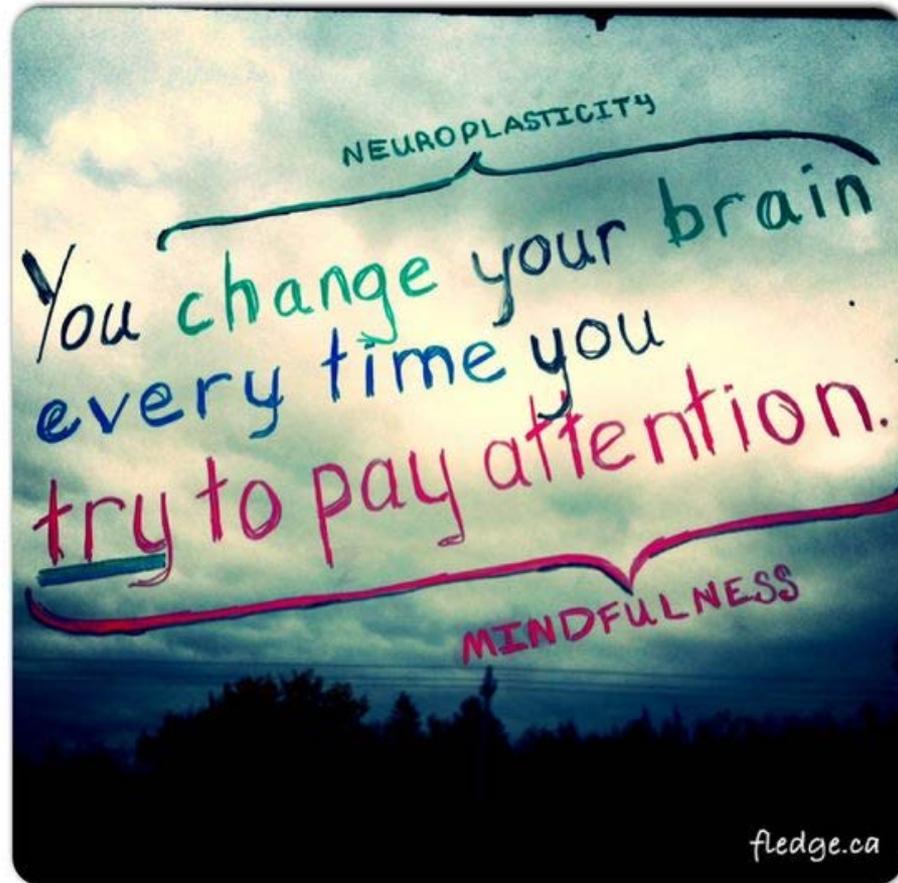
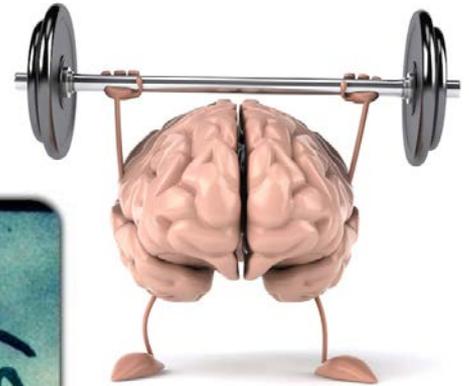
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Lesson Nine
Pulling it all together

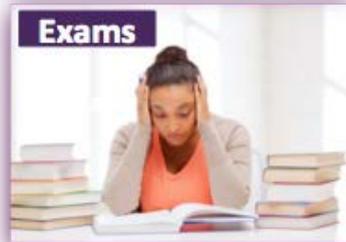
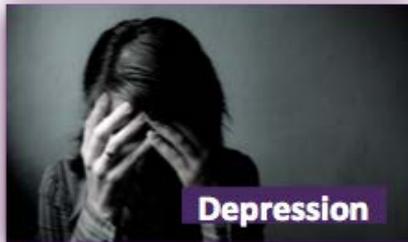
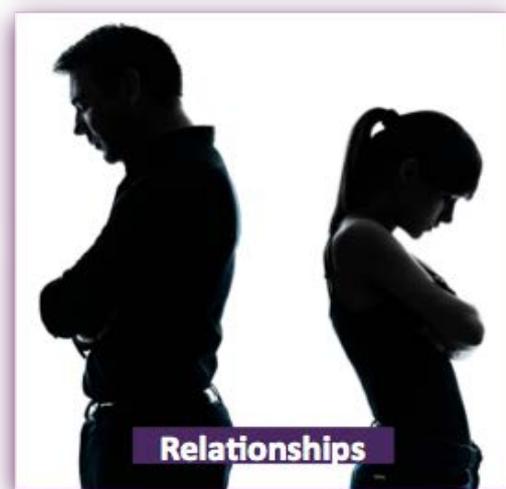


***The mind is its own
place, and in itself, can
make a Heav'n of Hell, a
Hell of Heav'n***

Milton, 1667

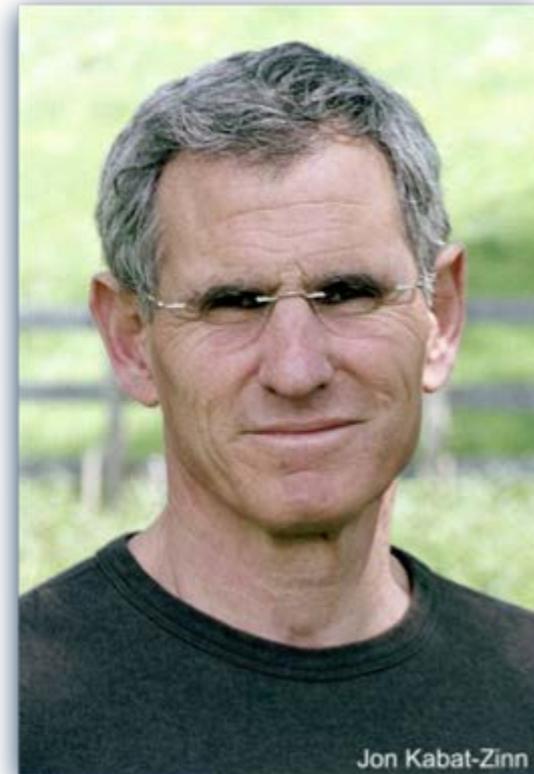








MBSR
Mindfulness-
Based Stress
Reduction





As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.

Henry David Thoreau, 1854

Respond vs. React



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Petal practice





Questions?