



BRITISH SCHOOL
MANILA
ESTABLISHED 1976



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.



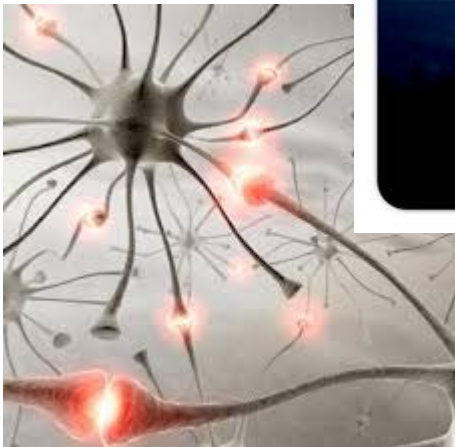
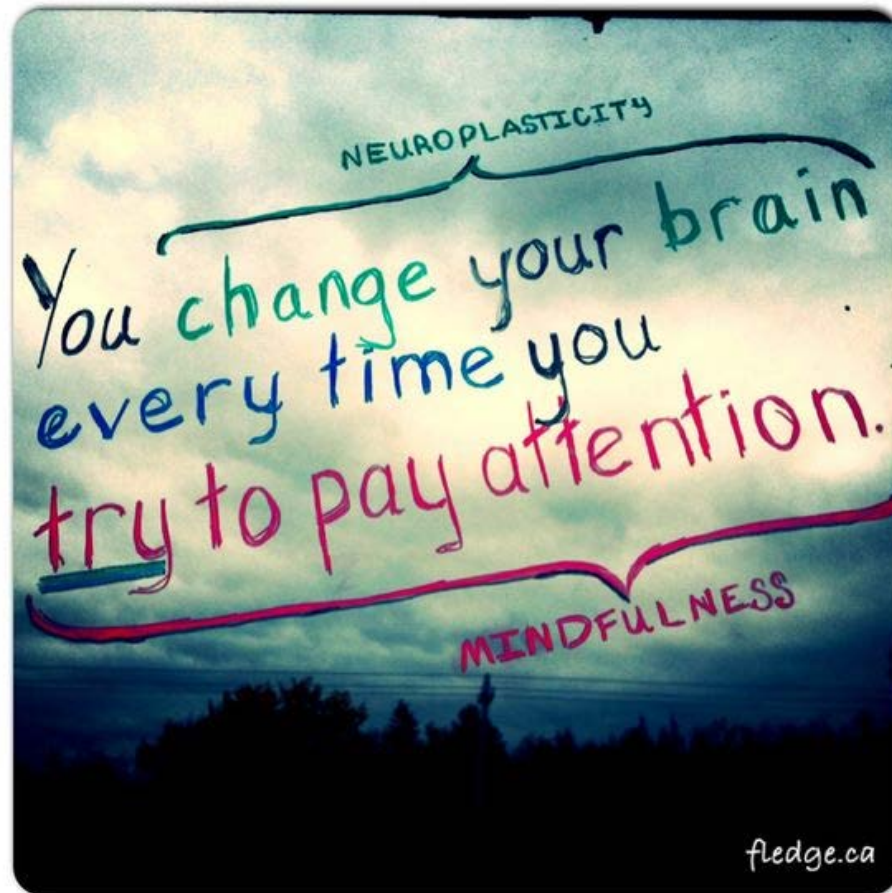
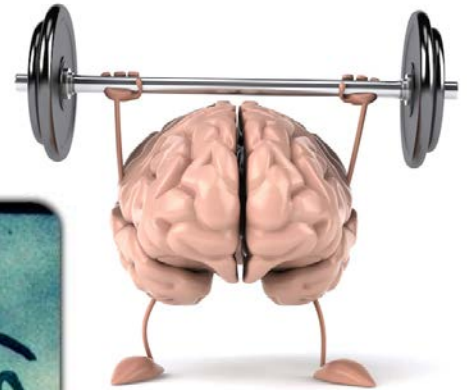


***The mind is its own
place, and in itself, can
make a Heav'n of Hell, a
Hell of Heav'n***

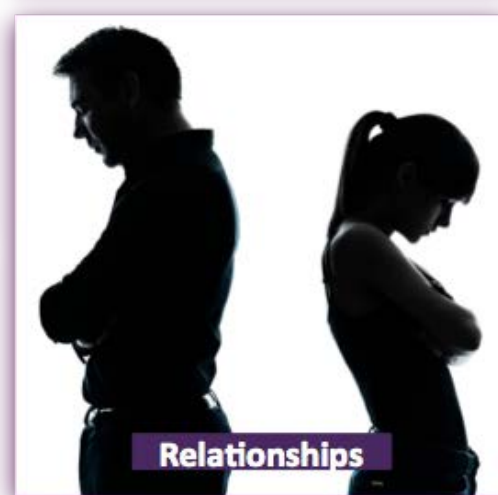
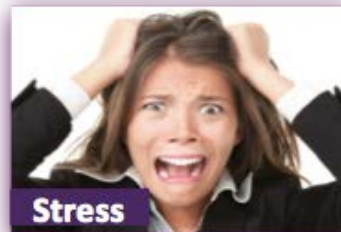
Milton, 1667



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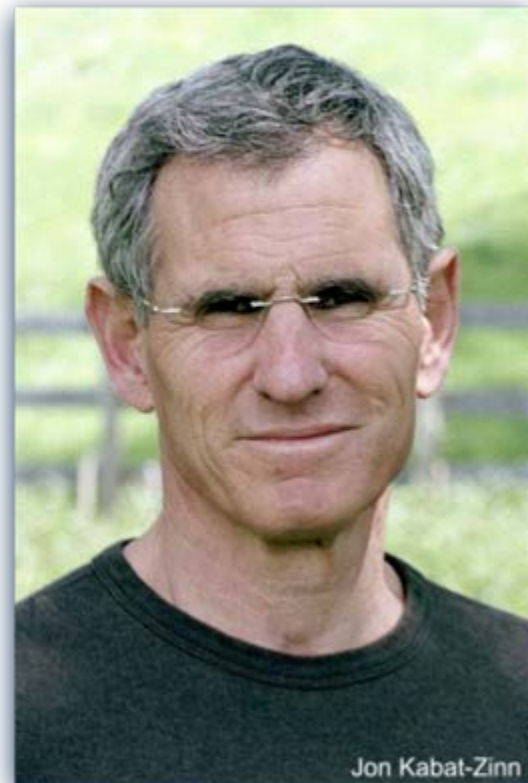






MBSR

Mindfulness- Based Stress Reduction



Jon Kabat-Zinn





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



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Respond vs. React



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SCHOOL



Petal practice



Questions?