

# **Mindfulness in MJR**



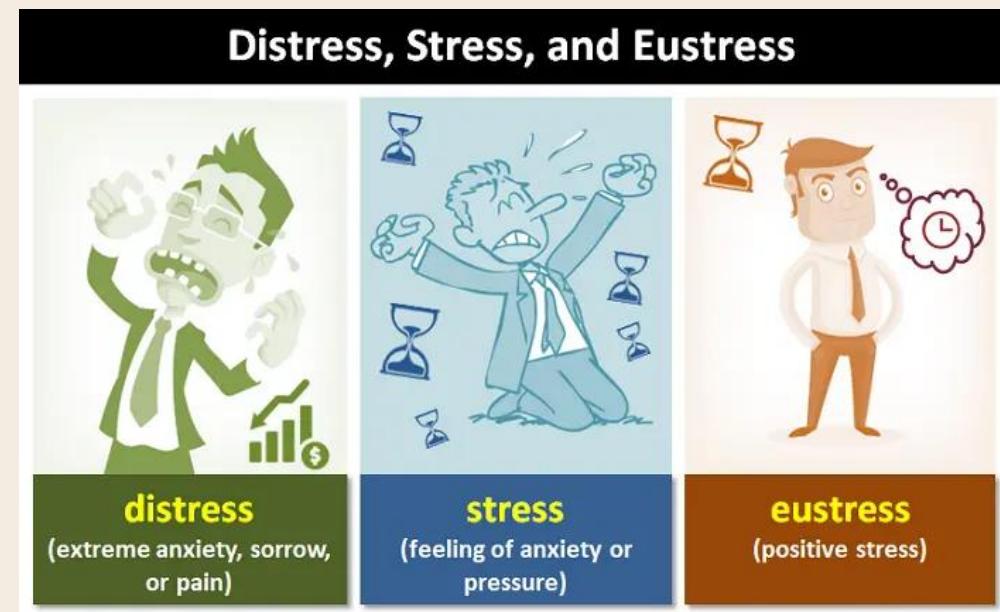
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# Overview of Mindfulness



# In an examination year,

- Unable to focus
- Experience exam stress



# MJR Student Outcomes - ALL CARS

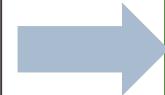
Active  
Citizens

Leaders  
who care

Leaders  
of self

# Mindfulness for Learning Programme

Mindfulness



**Focus: Resilient in the face of distractions**

**Calm: Enables one to find a balanced sense of self**

Focused  
Calm  
Right conduct

**Conduct: Treating self and others the right way**



02

## Resources (Start with One)



# Some principles

- 1. Easy to remember**
- 2. Sustained use**

# Being Mindful - MJR



## Mindfulness for Learning @ MJR

### Mindfulness

**Focus**  
Grounding

**Calm**  
Breathing

**Reflection**  
**What, So What, Now What**

### A recommendation



SCAN ME

This app has many useful exercises for you if you would like to explore more!

### For more info...



SCAN ME

This Singapore website has some tips for youths in managing personal well-being too.

#### Focus



Want to focus  
better while  
studying?



#### Calm



Need to destress?



#### Reflection



What can I learn  
from my  
experiences?





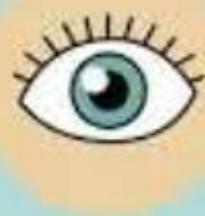
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## **Mindfulness practices our students can use**



# FOCUS

5



4



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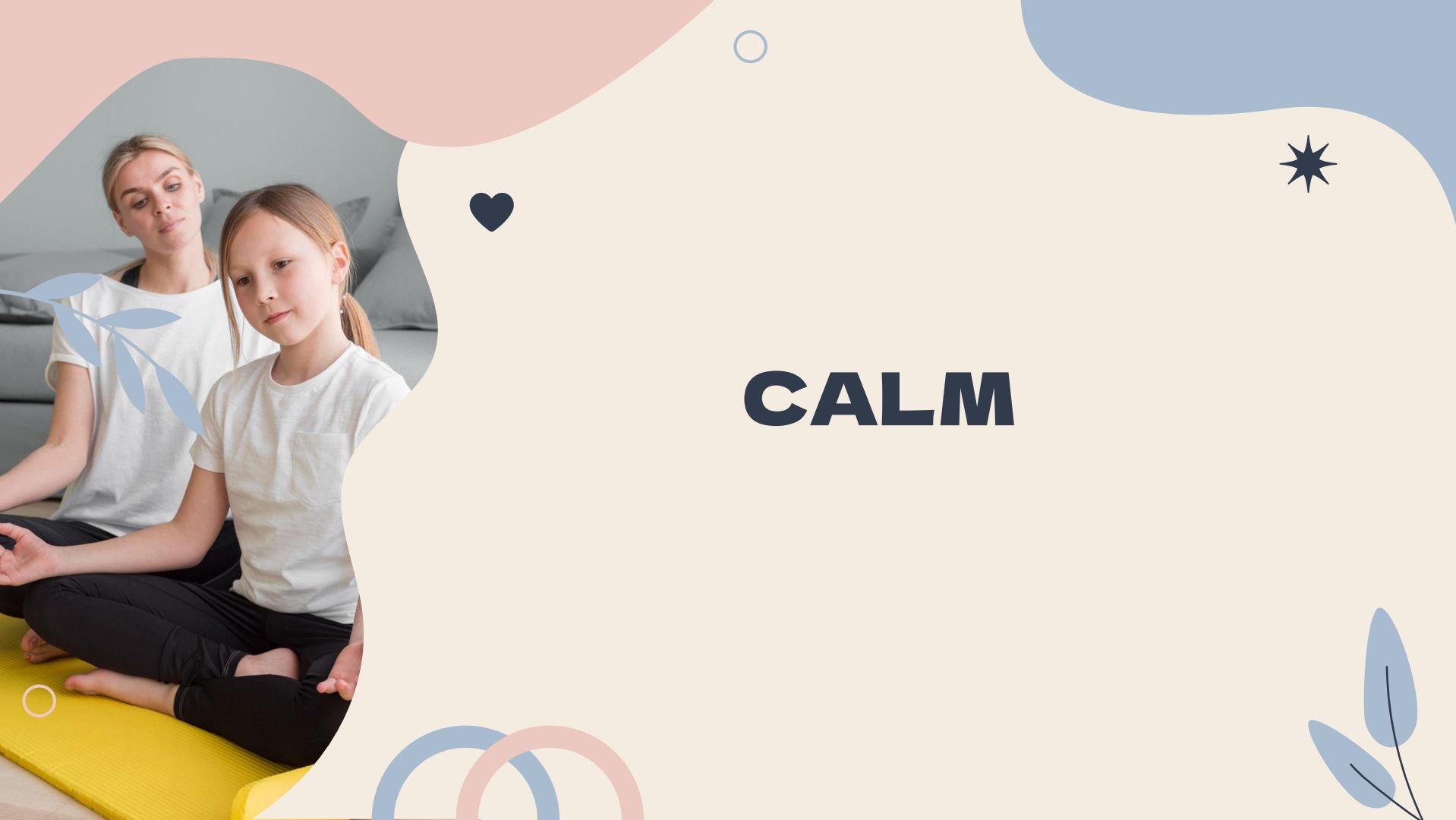


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1





# CALM



# Box breathing

<https://www.youtube.com/watch?v=tEmt1Znux58>

# Mindful Breathing

- 1. Reduce Stress**
- 2. Increase patience**
- 3. Maintain calmness**
- 4. Increase awareness**
- 5. Increase creativity**

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A photograph of a woman and a young girl sitting back-to-back in a meditative pose on a beach. The woman is on the right, wearing a green tank top and green pants. The girl is on the left, wearing a white t-shirt and light blue pants. They are both with their eyes closed and heads tilted back. The background shows a blurred beach and ocean.

# THANK YOU!

**Do you have any questions?**  
Brought to you by MLP Team



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