

The background is a light cream color with various abstract elements. At the top left, there is a large, irregular pink shape. At the top center, two overlapping circles are partially visible, one pink and one blue. In the top right, there is a small pink circle. On the left side, there is a small blue circle. In the center, there is a small dark blue star. At the bottom, there are stylized hills: a grey one on the left and a blue one on the right. A small pink semi-circle is visible between the hills. On the left hill, there is a dark blue leafy branch. On the right hill, there is a pink leafy branch.

Mindfulness in MJR

01

Overview of Mindfulness

In an examination year,

- Unable to focus
- Experience exam stress

Distress, Stress, and Eustress



distress

(extreme anxiety, sorrow,
or pain)



stress

(feeling of anxiety or
pressure)



eustress

(positive 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

Conduct: Treating self and others the right way

Focused

Calm

Right conduct



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...



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?





03

**Mindfulness
practices
our students can use**



FOCUS

5



4



3



2



1



<https://www.youtube.com/watch?v=30VMIEmA114&t=1s>



CALM



<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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THANK YOU!

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



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