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Mindfulness and SEL for teachers

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In 2016, PrevLab team has initiated a two years long project “Towards Caring & Mindful Schools Model – The Whole-School Approach in Understanding the Processes and Outcomes of Contemplative Methods in Education” financed by European Mind and Life Institute and Varela Award fund. Main research aims of a project were to examine if the introduction of an empirically-tested mindful awareness practices – CARE intervention (Cultivating Awareness and Resilience in Education) to all school personnel would improve school climate and have a positive impact on the wellbeing and prosocial behaviour of school personnel and students. Teachers and other school personnel from an intervention school participated in a five days of training with CARE facilitator from USA, Christa Turksma. A quasi-experimental study design included three-time point’s self-report assessments of school personnel (N=55) and students from intervention and control school (N=166) just as school personnel health assessments (heart rate and blood pressure measurements). Preliminary results are indicating positive effects of mindful awareness practice on school personnel including their level of stress tolerance, mindfulness and presence quality, compassion and self-compassion.