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## Mindfulness – Key to Right Attitude and Resilience among Adolescent Students

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### Abstract

Mindfulness is the fundamental human capacity to be present, conscious of our surroundings and activities, and free from overreaction and overwhelm. The paper is a theoretical presentation the researcher's review based on several papers on the topic of mindfulness. The three mechanisms of mindfulness; Intention, Attention, and Attitude. Introducing adolescents to mindfulness can be a great way to support the early development of emotional intelligence, self-regulation, and stress management. Some methods are interactive mindfulness, mindful breathing, mindful language, and patience and being non-judgement; to accept things as they are. Schools can provide access to mindfulness resources and tools, offer mindfulness-based stress reduction classes, or integrate mindfulness programs into their curricula. Resilience can be fostered by positivity and mindfulness. A well-rounded teenager welcomes obstacles as chances for personal development and develops the right attitude towards life.

*Keywords: mindfulness, resilience, adolescent student's attitude, positive reinforcement*

### Introduction

Mindfulness is the capacity to be aware of the moment one is in. Mindfulness is mentioned in the Buddhist text named *Sattipathana Suta*. According to Buddhism, Mindfulness is the state of awareness. Buddha describes that one's mind is a powerful source to control one's actions and thoughts. He explicitly states that the mind at a moment can wander to various other ideas and get distracted. Mindfulness is the fundamental human capacity to be present, conscious of our surroundings and activities, and free from overreaction and overwhelm. Mindfulness is the ability

to enjoy and savour the present moment. It enables one to understand the external reality and simultaneously allows us to reflect on our existence.

Jon Kabat-Zinn from the University of Massachusetts operationally defines *mindfulness* as the consciousness that results from purposefully focusing on the current moment and being non-judgmental. Most of the time, we are set on default mode, missing out on the present moments and doing stuff mechanically, unaware of what is happening around us. Some actions often result in spontaneous reactions, which can be positive or sometimes harmful. Practising mindfulness helps us reflect and give ourselves time to react to situations that need careful handling.

The three mechanisms of mindfulness are:

1. Intention: believe or commit to a particular state of mind
2. Attention: to make a conscious effort to be alert or observant
3. Attitude: Make a conscious effort to practice the pillars of mindfulness, such as letting go, non-judgmental, etc.

Each of these components helps us practice and create a meaningful life around us; how we respond to a situation or problem is transformed to make it more composed and peaceful. Each of these components helps us practice and create a meaningful life around us; how we respond to a situation or problem is transformed to make it more composed and peaceful. Mindfulness entails paying close attention to the task at hand, maintaining judgment-free focus, and being conscious of our feelings and ideas without giving in to them. The practice of it helps to organise, reflect, and analyse one's thoughts and actions.

Post-pandemic mindfulness as a practice has seen significant momentum. Everyone's lifestyle has drastically changed, especially of adolescent students. The nature of interaction with

other adults and friends has become more restricted and restrained. The beginning of adolescence is the crucial phase for the holistic development of every individual, marked by various physical, psychological, and interpersonal skills.

One should be aware these changes may occur at different times and in various ways to most people. Early adolescence can be challenging but essential for personal growth, preparing them for later adult life. The capacity to tolerate each experience may vary from individual to individual. The guidance of parents, guardians, teachers, and other trusted adults helps adolescents negotiate the obstacles of this time and grow to be healthy, well-adjusted adults. Open communication, empathy, and a willingness to listen can be vital in helping adolescents navigate the challenges and opportunities of this stage of life.

Introducing mindfulness to children can be a fantastic way to help them develop emotional intelligence, self-regulation, and stress-coping skills from an early age. Some strategies parents can use to bring up mindfulness in their children:

1. Be a conscientious model: Frequently, kids pick up knowledge through seeing their parents.
2. You can set an excellent example for others by practising mindfulness regularly. Some examples of this include deep breathing, meditation, and mindful eating.
3. Start early: It's never too early to teach kids mindfulness. Age-appropriate mindfulness exercises, such as mindful colouring, breathing techniques, or nature sound meditation, are accessible to even young children.
4. Make use of everyday moments: • Include mindfulness in your daily activities. For instance, encourage your child to notice their breath when they wake up or before bed. Meals are another opportunity to practice mindful eating.

5. Interactive mindfulness: As a family, do mindfulness exercises. You can practice yoga together, take thoughtful nature walks, and lead family meditation sessions. Having to do activities together improves familial ties while simultaneously teaching awareness.
6. Mindful breathing: • Instruct kids to pay attention to their breath. They can learn to recognise the pattern of their breath with easy exercises like counting breaths or "belly breathing," which involves placing the hand on the belly and feeling it rise and fall with each breath.
7. Mindful listening: Teach your kids to listen to the noises around them. One option is to have a "sound hunt".
8. Mindful Expression: Encourage creative expression through mindful activities like drawing, painting, or journaling. Ask them to describe their emotions through art or words.
9. Mindful Stories: Share mindfulness-themed children's books or stories that promote mindfulness concepts, such as patience, gratitude, or self-awareness.
10. Mindful Language: Promote conscious communication by teaching children to think before they speak. Encourage them to express their feelings and thoughts calmly and with empathy.
11. Mindful Movement: Activities like yoga or tai chi can help children connect with their bodies and improve balance and flexibility while fostering mindfulness.
12. Patience and non-judgement: Emphasize that practicing mindfulness involves accepting things for what they are without imposing judgment.

To sum up, parents should create an open and non-judgmental space where children can ask questions about mindfulness and their experiences. Acknowledge and celebrate your child's efforts in practicing mindfulness. Positive reinforcement can motivate them to continue. Remember that introducing mindfulness to children should be a gentle and patient process. Each child is unique, so

we need to tailor our approach to their age, temperament, and interests. Be supportive and create an environment where they feel comfortable exploring mindfulness at their own pace. Over time, mindfulness can become a valuable lifelong skill for managing stress and enhancing well-being.

Schools can incorporate mindfulness programs into their curriculum, offer mindfulness-based stress reduction classes, or provide access to mindfulness resources and tools. Incorporating mindfulness programs into a school curriculum can be a valuable way to promote the well-being and development of students. Here are steps and considerations for implementing mindfulness programs in schools:

1. **Assessment and Needs Analysis:** Start by identifying the unique requirements and difficulties. Verify the instructors' ability and readiness to practice mindfulness in the classroom. What problems or stressors do they have to deal with? Once these trivial matters are addressed, the program will succeed.
2. **Teacher Training:** This is the primary step before introducing mindfulness practice in the schools. Schools should train teachers and staff members who are the responsible authorities to implement mindfulness programs. They should have a strong understanding of mindful practices and how to effectively implement them for students.
3. **Integration with Academic Subjects:** Schools can imbibe mindfulness activities into various academic subjects, such as English, science, or physical education. It will help students see the practical applications of mindfulness in their daily lives.
4. **Start with Short Sessions:** Introduce short mindfulness sessions (5-10 minutes) initially to avoid overwhelming students. Gradually increase the duration as students become more comfortable with the practice.

5. **Age-Appropriate Curriculum:** Tailor the curriculum to the student's age and developmental level. Mindfulness exercises for elementary school students will differ from those designed for high school students.
6. **Mindfulness Techniques:** Teach various mindfulness techniques, including deep breathing exercises, body scans, meditation, mindful movement (e.g., yoga), and awareness of the senses.
7. **Create a Mindful Environment:** Foster a culture of mindfulness throughout the school. Display mindfulness quotes or artwork, encourage mindful walking in hallways and create designated quiet spaces for students to practice mindfulness.
8. **Regular Practice:** Schedule regular mindfulness sessions, whether daily, weekly, or as part of a class routine. Consistency is vital in developing mindfulness skills.
9. **Evaluation and Feedback:** Schools must assess their efforts to practise mindfulness programs via school activities. Collect feedback from all the people involved to make necessary adjustments.
10. **Parent and Community Involvement:** Involve parents and the broader community in mindfulness initiatives. Offer workshops or resources to help parents support mindfulness practice at home.
11. **Consider bringing mindfulness experts or practitioners to lead workshops or provide resources to enhance the program's effectiveness.**
12. **Mindful Leadership:** School administrators and teachers should lead by example. Demonstrating mindfulness in their own lives and practices can inspire students to adopt these techniques.

13. Mindfulness for Stress Management: To address the pressure students may face, highlight the stress-reduction benefits of mindfulness. It can be especially beneficial during exam periods.
14. Measuring Outcomes: To assess the impact of the mindfulness program, use qualitative and quantitative measures, including surveys, behavioural observations, and academic performance data.
15. Flexibility and Adaptation: Be open to adjusting the program based on the evolving needs and feedback of students and educators.
16. Long-Term Commitment: Understand that the benefits of mindfulness may take time to establish. It may take time for students to fully integrate mindfulness into their lives and for its effects to become apparent.
17. Stress Reduction: Adolescents often face academic pressures, social challenges, and emotional difficulties. Mindfulness practices, such as deep breathing and meditation, can help them manage stress and reduce anxiety, allowing them to approach challenges with a calmer and more balanced mindset.
18. Emotional Regulation: Mindfulness helps adolescents become more aware of their emotions and responses. This self-awareness enables them to regulate their emotions better, which is crucial for maintaining a positive attitude and resilience in adversity.
19. Improved Concentration and Focus: Mindfulness practices can enhance concentration and attention span. Improved focus can lead to better academic performance and an increased ability to persevere through complex tasks, contributing to resilience.
20. Enhanced Self-Acceptance: Adolescents often struggle with self-esteem and self-acceptance issues. Mindfulness encourages self-compassion and self-acceptance, which are essential to a positive attitude and resilience.



21. **Better Decision-Making:** Mindfulness promotes clear thinking and thoughtful decision-making. Adolescents who practice mindfulness are more likely to choose paths in sync with their inner values and goals that will benefit them in the long run.
22. **Increased Empathy and Social Skills:** Mindfulness can help adolescents become more attuned to the feelings and needs of others. Developing empathy and strong social skills can improve their relationships and support networks, essential for resilience.
23. **Mindful Coping:** Adolescents who practice mindfulness are better equipped to cope with setbacks and disappointments. They are more likely to approach challenges with an open and flexible mindset, vital to resilience.
24. **Self-Regulation:** Mindfulness teaches adolescents how to self-regulate their thoughts and behaviours. This self-discipline can help them avoid impulsive actions and reactions, promoting a more positive attitude and increased resilience.
25. **Mindful Communication:** Mindfulness can improve communication skills, enabling adolescents to express themselves more effectively and resolve conflicts with a calm and composed demeanour.

### **Conclusion**

A valuable strategy for improving the wellness of adolescents is to include mindfulness in daily routines through meditation, deep breathing exercises, or mindful sports like yoga. It can result in healthier relationships and contentment, leading to the right attitude and resilience in them.

Mindfulness can foster perseverance, and positivity can promote resilience. A balanced adolescent embraces challenges as opportunities for growth. An adolescent's well-being can be enhanced by practising mindfulness. They can increase their ability to control their emotions,

lower their stress levels, and take better care of their mental health by practising mindfulness. By lessening the effects of ongoing stress on the body, mindfulness can also promote physical health. Furthermore, by engaging in mindfulness practices, adolescents may become more aware of their needs and ideals, which can help them make decisions that advance their general wellness and professional growth.

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