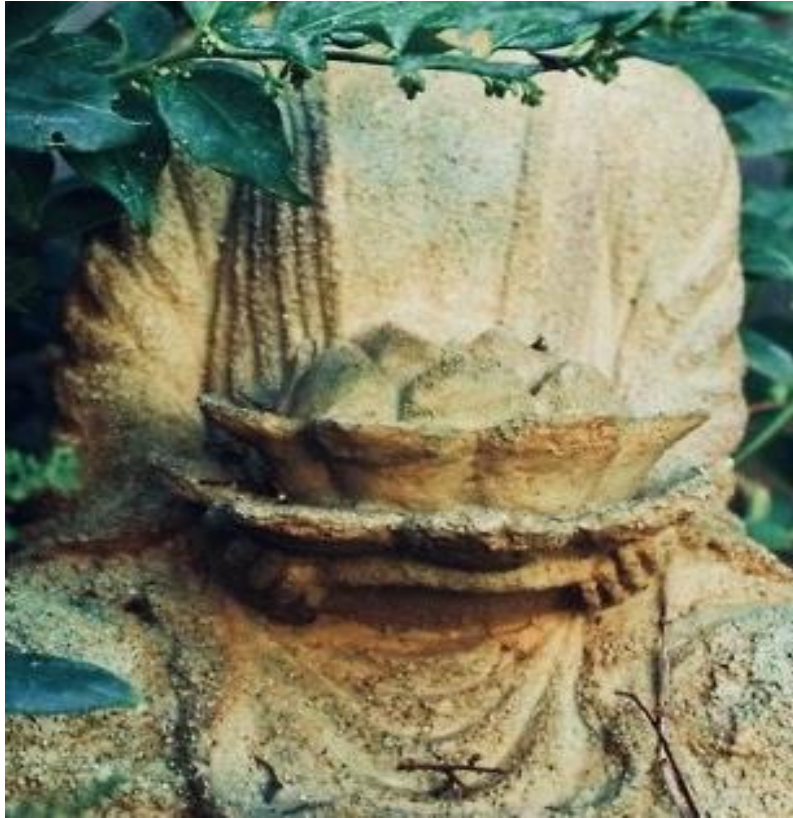


Some good tools to use in stressful situations due to a high demand



Hello!

The teachers who took part in our Mindfulness Seminar, celebrated during the school-year 2019-2020, have decided to provide you with some practice so that everybody, students and staff, in the School of Languages can profit from it. Our seminar was born in, and keeps linked to, the School Coexistence Plan, to our Teacher Training Programme and to the Prevention of Occupational Hazards Plan. In these contexts, Mindfulness makes a lot of sense.

Mindfulness is a tool that has been used in the educational field, corporate scope and, health scope in other countries of our environment for some years. It has been proved that it helps to reduce stress and anxiety, to deal with depression, to diminish insomnia problems and eating disorders, and, apart from that, to increase the capacity of concentration when we accomplish any kind of activities or in our learning process, and, what is also important, it promotes creativity and active listening. All these advantages increase learning and good relationships between all the members of the educational community, using this practice as a way to prevent conflicts in the school, as well as promoting a relaxed atmosphere.



Audio-practice to reduce stress in a moment of anxiety (at school, but not only)

This body scan is a tool from which all the educational community can profit.

In our Mindfulness seminars we have learnt and experienced how focusing on the here and now is so beneficial for personal and social relationships. An excessive emotional attachment or pernicious mental habits can place us in more difficult situations. A guided meditation is a tool, the aim of which is to make self-consciousness, compassion towards the others and towards oneself an objective at anybody's reach, increasing, in this case, body awareness.

We offer you this body scan with the intention of alleviating situations where individual suffering can appear anywhere, from school, or work, to home. The more you practise, the higher the benefits you get.

Now you can listen to the audio with the necessary instructions to put into practice our guided meditation, one of the most effective tools to face with ease that concrete difficult situation, which is a bit more demanding for you. Both the performance of the instructions and the fact of listening to them are part of this practice. Feel comfortable and listen to your inner silence!



Audio do texto: Some good tools

