

# WELCOME TO CALM HEARTS MINDFULNESS!

Calm Hearts Mindfulness partners with schools across Australia to deliver beautiful mindfulness-based programs.

We are passionate about enhancing wellbeing and we are committed to improving the mental health of our communities.

We are very excited to be visiting classrooms in your school once per week, for eight weeks this term, guiding children and teachers through mindfulness exercises to help them live happy and fulfilled lives.

Your school has chosen the 'Anxiety' program. This program teaches what anxiety is and how to deal with it. Your child will learn about the physiology of the brain's anxiety response, as well as specific strategies to deal with anxiety on a day-to-day basis.

*Please read on to discover what Mindfulness is, and its amazing benefits!*

*Erin Visser*  
MANAGING DIRECTOR





# WHAT IS MINDFULNESS?

Mindfulness is all about being in the present moment - the here and now. Put simply, mindfulness is about paying attention! It's noticing the things happening around us, as well as what's happening in our minds and bodies.

Mindfulness helps us to notice what we need in order to be happy and feel better. Once we have an awareness of this, we can take action to improve our mental health and wellbeing.

Mindfulness is not religion-based. It is completely secular. It is simply making connections between heart, body and mind.

Our programs are based on 40 years of scientific research on the benefits of mindfulness. This research has found that mindfulness helps with:

- stress reduction
- reducing anxiety
- reducing depression symptoms
- improving sleep
- emotional regulation
- immunity
- memory and concentration
- management of chronic pain

*Mindfulness is about paying attention. It is allowing yourself to be fully immersed in the present moment.*