

Mindfulness in Schools

What is mindfulness?

Mindfulness means paying attention in the present moment without judgment.

Why mindfulness is essential for students and teachers?

Enhances focus and improves attention

Students develop skills to self-regulate attention, concentration, memory and focus, resulting in higher grades and better behavior

Mindfulness brings you into the present to address what is in front of you; it improves concentration, focus and memory through intentional and repeated shifting, sustaining and controlling attention.

Improves impulse control and decision making

Reduces reactive behavior, enhances self-regulation and self-control as well as compassion, kindness and empathy

Mindfulness fosters emotional and behavioral awareness and regulation, which enables present-centered, objective and compassionate responses rather than impulsive reactions.

Promotes better listening skills and improves relationships

Improves conflict resolution and decreases blaming by seeing situations more clearly

Mindfulness teaches people to listen at a deep and fundamental level. When people feel listened to, interactions are easier and more successful.

Reduces stress and fosters well-being among students and teachers

Promotes healthy brain development and function increasing stress resilience and neuroplasticity

Mindfulness training produces measurable changes to the structure and function of diverse areas of the brain fostering stress resilience, emotional-regulation and enhanced executive functioning.

The Programs

Ashley offers weekly or twice weekly mindfulness lessons to each grade level in your school. Her lessons are 15 minutes long with curriculum uniquely tailored to each grade level. To further integrate the day's lesson, students receive journal questions, and they will spend 5 minutes reflecting in their mindfulness journals after the lesson. With each visit Ashley offers a suggested daily practice to infuse mindfulness into daily life in between lessons. Ashley can also customize programs that fit your school's unique needs and time limitations. These custom packages can also include mindfulness workshops for teachers, administration and parents. The lessons are fun, engaging, secular and applicable to life in and out of school.

The Instructor

Ashley Crouch, MFT, is a licensed psychotherapist in private practice in the Hayes Valley neighborhood of San Francisco. She holds a Master's Degree in Integral Psychology from California Institute of Integral Studies and a BA in Cultural Anthropology from Wake Forest University. Ashley is a practitioner of vipassana or "insight" meditation, studying at Spirit Rock with Sylvia Boorstein and Jack Kornfield and teaches mindfulness lessons at various private schools in San Francisco. She completed her mindfulness in schools teacher training through Mindful Schools. Ashley then went on to complete her Mindful Self-Compassion teacher training with the Center for Mindful Self-Compassion.

Ashley's interest in people, their minds and mindfulness practice started over 15 years ago when she studied the evolution of people and cultures of the world in her undergraduate degree. That study brought Ashley to Nepal where eastern ideas of holistic health and wellness captivated her and ultimately led her to study mental health from an integrative (integrating eastern and western ideas) perspective in her graduate studies.

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