

Press & Media

Schoolhouse Magazine: Mind how you learn



Thousands of youngsters are struggling with the demands of an increasingly pressurised and competitive society. Stress and anxiety related conditions such as eating disorders, depression and self-harming are rising steeply, particularly among teenagers. Partly as a response to this rise in psychiatric disturbance, growing numbers of schools are adopting the mental discipline of mindfulness. The technique of meditation and breathing exercises is designed to help students unclutter their brains, respond more skilfully to negative thoughts and emotions, and focus calmly on the present. MISP is featured in this article in **Schoolhouse Magazine**. [Read the full article here.](#)

Prospect Magazine: Mindfulness in Parliament


MPs and Peers are taking off their shoes, exploring how meditation-style techniques can be used in policy and asking what a more mindful politics might look like. MISP is featured in this insightful article in **Prospect Magazine**. [Read the full article here.](#)

Mindfulness in the House of Lords

A wonderful mention of mindfulness in general and MISP in particular in a recent debate in the House of Lords. To read the mindfulness section of this debate, please [click here](#). For the full debate, please visit: www.publications.parliament.uk.

Claire Kelly on BBC Radio

BBC RADIO NORTHAMPTON MISP's Claire Kelly speaks on **BBC Radio Northampton (09:50)** with Bernie Keith about the tools that mindfulness can give students in the classroom, how it can be fun, bright and exciting:

BBC Radio Clip: Claire Kelly 

RED Hot Teaching: Interview with Claire Kelly

Claire Kelly, *Operations Director* of the Mindfulness in Schools Project, gives an insightful interview with **RED Hot Teaching** and their 'Mindful Class Management' series. To listen to the full interview, please [click here](#).