



**MINDFULNESS**  
education exchange

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## Mindfulness and Behavior

### Reported benefits from other mindfulness-based programs:

- Inner Explorer reports that in K-5<sup>th</sup> grade classrooms using their mindfulness program, there was a **drop of approximately 50% in bullying** and reactive behavior.
- The Holistic Life Foundation reports that a school-wide mindfulness program combined with a Mindful Moment Room (where students can be self-referred or sent for disruptive behavior) led to a **decrease of ~50% in suspension rates** and an increase of ~3% in attendance at an inner-city high school.
- The Mindful Life Project reports a **decrease of ~55% in suspensions** at elementary schools where they were implementing programs.

### Research on Mindfulness and Serious Behavior Issues:

- Incarcerated “intervention participants demonstrated significant improvements across five key criminogenic variables: (i) negative affect, (ii) substance use (and related attitudes), (iii) anger and hostility, (iv) relaxation capacity, and (v) self-esteem and optimism.” (Shonin, Van Gordon, Slade, & Griffiths, 2013)
- Incarcerated adolescents had a significant increase in healthy self-regulation after mindfulness training. (Himelstein, Hastings, Shapiro, & Heery, 2012)
- When trained with a mindfulness-based strategy, a group of autistic adolescents went from an average of 14-20 aggressive incidents per week to 1 per year in a 3-year follow-up. (Singh et al., 2011)
- “Results from the single-subject studies... provid[ed] strong support for the use of MBTs (Mindfulness Based Treatments) in reducing aggression.” (Fix & Fix, 2013)