Name _____

Can Mindfulness and Meditation Help Me with My Schoolwork?

Short Answer

1. How did Mia's older sister introduce her to mindfulness and meditation?

2. Explain one way in which mindfulness and meditation can benefit your memory.

3. Describe the "Mindful Reading" technique for studying.

4. How can short breaks during study sessions be used to practice mindfulness?

5. Where can you find guided meditation sessions tailored to academic success?

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