

Anamaya launches world's first mindfulness app for schools

Leading health and wellbeing centre Anamaya has today launched the world's first and only mobile full-curriculum mindfulness course for young people – Anamaya for School.

An offshoot of the centre's popular app for adults, Anamaya for School offers children and young adults a full mindfulness programme on their phones for use at home, with teacher involvement being as small or as large as desired.

With one in ten children experiencing mental health issues between the ages of five and 16¹ – around three in every class – the app develops awareness of the nature and source of emotions, building emotional stability, self-esteem and reducing feelings of negativity.

Support for the wide ranging benefits of mindfulness continues to grow, with the Wellcome Trust recently launching a £6.4m study into the effectiveness of teaching mindfulness in schools and the All Party Parliamentary Group on Mindfulness recommending that specialist online programmes such as Anamaya's be available across the education system.

Studies show that such programmes in schools improve learning and reduce behavioural issues, as well as easing stress and anxiety, especially important in adolescents' development. However, until now, these courses have been expensive and difficult to provide with specialist mindfulness teachers being unaffordable for most schools.

Based on extensive research and carefully curated by Anamaya's team of clinical psychologists, psychotherapists and mindfulness experts, Anamaya for School is comprised of 55 exercises and lessons, taking between just seven and twelve minutes to complete and designed for two age categories (7-11 years and 11+).

Anamaya also offers support for schools who wish to make this at-home course part of their daily routine by offering training for teachers, as well as financial support where necessary.

Founder Graham Doke, a mindfulness practitioner with 17 years' experience, said:

“Young people face intense pressures at school and in their everyday lives. Family breakdown, focus on exams and social media can leave teenagers in an almost constant state of stress and anxiety which, if left unaddressed, can develop into much bigger problems later in life.

“Research shows that a programme of skilled meditation and mind training allows children and teens to start addressing these feelings and emotions early on. Such courses should be available to everyone – not just in expensive centres or a handful of schools.

“Anamaya for School makes this full availability possible for the first time, and brings young people a sense of control over their own lives, with specialised support when they need it.”

¹ ONS: Mental Health of Children and Adolescents in Great Britain, 2004.

Anamaya for School is available for iOS on the AppStore from just £2.29 and available for Android and desktop platforms via the web.

For more information visit www.anamaya.co.

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