



Find Your Muse

Bringing meditation to your life and classrooms



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Meditation has been shown to help refocus and calm the brain, reduce stress, depression and anxiety, and improve overall well-being and quality of life.

However, in today's fast-paced world you may feel there is not enough time to meditate, and if you do, how do you know you're getting it right? And what if your mind starts wandering?

Fortunately, there are a number of helpful apps and tools that can make meditation easier.

Today, I'm taking a look at *Muse*, an electronic headband, created by Toronto-based InteraXon Inc. *Muse* works like an electroencephalogram (EEG) that measures the user's brainwave activity and transmits the data to an app you can download to your phone or other electronic device. One of the things I particularly like about *Muse* is that while you're meditating it will give you accurate feedback on what's happening to your brain.

When you're calm, you will hear peaceful weather sounds. When your mind starts to wander, the weather sounds will intensify and guide you back to a calm state. After meditating, you can review your personal data, and look at what you can do to improve your meditation sessions and set future goals.

Meditating and practising mindfulness in the classroom has been shown to improve behaviour and social competence; increase student attentiveness; and even reduce aggression and bullying.

To introduce meditation to your classrooms, you may also want to consider the **Muse Professionals Program**, designed for educators. The headband, app and real time feedback may make meditating easier for your students, and could also be useful when working with students with special needs.

"Other options you may also want to consider are the mindfulness-based training programs for educators at Mindfulness-Based Wellness Education (MBWE), created at the Ontario Institute for Studies in Education University of Toronto, and Stress Management and Relaxation Techniques in Education (SMART) offered in Vancouver, Canada."

- choosemuse.com/blog

To learn more about *Muse*, how it works, and what it has to offer, visit www.choosemuse.com. For more information on the Muse Professionals Program, visit www.choosemuse.com/professionals.



The above article was featured in the **Student Well-Being** issue of CPCO's *Principal Connections* magazine.

If you would like to read the whole issue, you can purchase it [here](#).

CPCO Practising Associates can read the issue by logging in [here](#).