



Mindfulness-Based Social-Emotional Learning:  
An Innovative Approach to School Safety & Well-Being



# The Problem: Our **Students are Struggling**

Toxic Stress fuels the mental health crisis, widens the achievement gap, and perpetuates generational poverty and violence

**80%**

of students report  
chronic stress

**63%**

12th grade students are below  
grade-level in every subject

**1 in 3**

adolescents will have  
anxiety by age 18

**22%**

of high school students seriously  
considered suicide in 2022



# The Problem: **Teachers are Stressed, Overwhelmed & Burned Out**

Burnout and turnover rates show that educators are in crisis.  
Changing the tide requires an effective, scalable solution.

**78%**

of educators  
report chronic stress (2021)

As much as 90% of diseases &  
illnesses are stress-related.

**63%**

of educators are considering  
leaving the profession (2022)

Teacher shortages impact  
the quality of education.

**33%**

of educators experienced  
verbal or physical violence or  
threats from a student (2021)

29% experienced threats  
from a parent of a student



# Stress **Shuts Down Thinking** and **Learning**



## Leads to harmful brain development

- Shrinks brain capacity
- Triggers 'Fight/Flight/Freeze' reactivity
- Escalates mental health disorders



### **STRESSED BRAIN**

- Blocked
- Unfocused
- Anxious
- Out of Control
- Depressed
- Reactive





# Daily Mindfulness Practice is the Antidote



## Based on over 10,000 published studies

When practiced regularly mindfulness:

- Calms and settles the body
- Increases healthy brain connections
- Improves resilience



## MINDFUL BRAIN

- Optimized
- Engaged
- Healthy
- Regulated
- Receptive
- Responsive



# Research-backed Benefits of Mindfulness practice

## physical health

- sleep disorders
- chronic pain
- high blood pressure
- cardiovascular disease
- diabetes
- chronic fatigue syndrome
- GI distress
- headaches

## mental health

- stress
- depression
- anxiety
- substance abuse
- phobias
- PTSD
- panic attacks
- eating issues



# Inner Explorer: A Solution for Community Transformation

## Simple



5-10 minute daily practices  
Audio-guided - just press 'play'  
Staff practice with students

## Impactful



Improves grades & behavior  
Improve attendance  
Improves staff retention

## Scalable

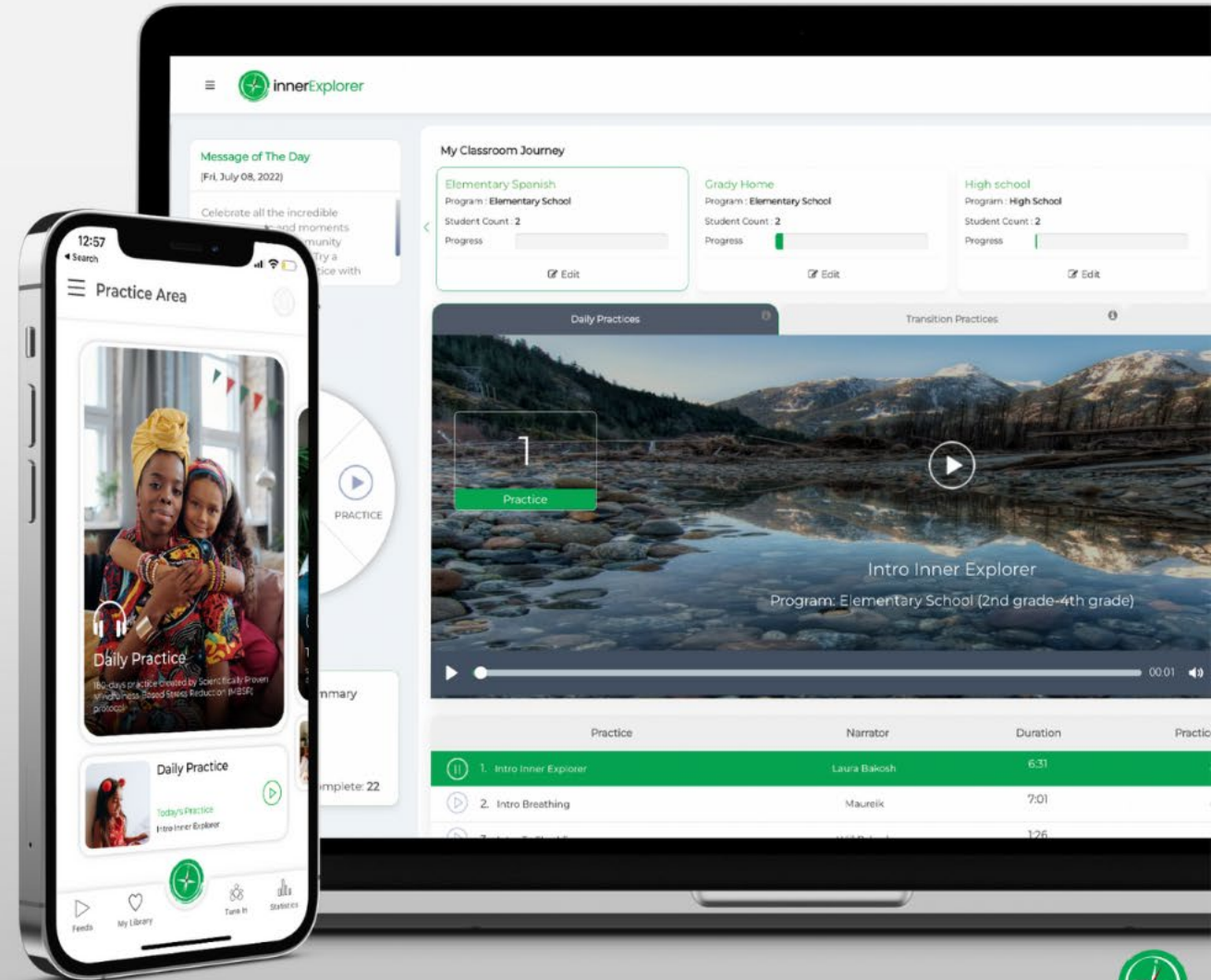


Immediate access - PK-12  
Culturally intentional, bilingual  
Connects school to home

## Affordable



Low per-school cost  
High Return on investment  
96% Renewal Rate



## Inner Explorer **Delivers the Results Educators Need**

**43%**

Less Stress and Better Mental Health and Resilience for Educators

**60%**

Improved Classroom Behavior and Coping Skills

**15%**

Better Grade Point Average (GPA)

**35%**

Improvement in Reading for Special Ed Students

**21%**

Better Math Scores

Daily mindfulness practice can improve nearly every domain in education.





# Inner Explorer and GUSD

Working together to build healthy hearts and minds

- In partnership since 2019
- Organic growth from a few schools to the entire district with a multi-year contract
- Shout out to Peggy Grossman for her advocacy/dedication.
- Successful partnership thanks to administrative support from Abby Vasquez and champion educators such as Gloria Ino
- Over 3500 students and their families can access daily mindfulness-based SEL practice with Inner Explorer.
- In using Inner Explorer with counseling students, a school psychologist shared, *“I was working with a 5th-grade boy who would come in and pace the room, talking rapidly to me. I asked him about Inner Explorer, and he told me he “loved Inner Explorer,” so I would use it at the start of every session, once he sat for the practice, he calmed, and was able to talk calmly and openly.”*

