

MIND MANAGEMENT APPROACH: MAGNET FOR MINDFUL LEARNING IN THE 21ST

by:

Jumhela Joy R. Dinglas

Teacher III, Biaan Aeta Integrated School

It's no wonder that we live in a complex world. Learning in the 21st century requires students to master curriculum while producing, synthesizing, and analyzing knowledge from a wide range of disciplines and sources. Students expect to showcase not only the three Rs, but also the three Cs: creativity, communication, and collaboration (Rich, 2010).

However, educators frequently work with students who lack the resilience and coping skills necessary for success. These are learners whose behavior is erratic and unpredictable. They may be stubborn and argumentative; they may be reclusive or exhibit highs and lows; they may be unable to cope with ordinary occurrences and daily routines; or their academic performance may suffer a sudden decline. Sometimes the teachers identify these problem areas but are unsure how to effectively respond. In other cases, a child's unwanted conduct may go unnoticed. School staff must go deeper into the subject of mental health and become as conversant about the indications of distress in learners as possible, as well as know when and how to take steps up to handle a potentially dangerous mental health condition (Digioia, 2018).

Indeed, the mind is a huge field from which all stimuli of every behavior arise. An individual's life is built on their thinking, but little is done to harness the mind's latent power. This is when the call for mind management comes into play. The mind management approach refers to a set of strategies and processes aimed to assist individuals in managing their thoughts, emotions, and actions to attain specified goals or outcomes (Falakdin, 2023). Furthermore, mind management is the process of regulating

one's ideas and screening everything that enters one's head. It is the art of managing everything with a sharp mind and making the best of any situation (Dhruv, 2006). Here are some essentials for a successful mind-management practice and routine that may be useful to the 21st century learners:

1. Be cautious

The most crucial pillar for learners' mind management practice is their involvement in fostering consciousness growth to raise their level of self-awareness. The more aware they are, the more likely they are to succeed in the other areas of mind control.

2. Decide and act on what is most important and urgent initially.

Take a minute to contemplate and honestly come up with a very short list of the most important things to do right now, and then do them. There will be no more excuses or postponements.

3. Allow the mind to rest regularly.

An 'always on' brain will eventually become less effective, creative, and innovative. Allow the brain to rest on a regular basis. Allow plenty of mini-breaks throughout the day, as well as longer breaks that include enough sleep for their body and mind to get better.

4. Have time to reflect, and to learn to let go.

The learner's lifestyle should therefore include continuous and regular reflection. Consider what procedures or activities they already undertake on a regular basis in each of the mentioned mind management categories, which require additional attention, and where they need to get started. Then choose one and get started by developing a balanced

focus. Furthermore, learners must make the process of letting go an integral part of their daily routine, which is unnecessary for their learning and growth.

5. Recreate a healthy habit

It is time to improve learners' mind programming and replace it with more powerful and useful practices. It is time to reinvent oneself and implement new procedures and good habits that will elevate their mental condition. Allow the students to accomplish this by simply replacing old routines with new ones (Kraft, 2021).

Everyone strives for ideal mental health. At its best, mind management allows mindful learning for students to enjoy their studies while also coping with the rigors of school. It also allows for better decision-making and lowers the danger of numerous health disorders. The learner's newly programmed behaviors have already been introduced to the brain through the mind management approach. When faced with a challenge, the mind knows simply which procedure to activate. Begin by modifying one's habits and introducing them to the brain. To change a habit, they must overcome past habits and gain mastery of their minds. Mindfulness may teach students not only to relax but also teaches them how to observe their thoughts and choose which ones to play with and concentrate on. Mindfulness helps students develop peace with themselves and others throughout time. It has the potential to transform their way of life and mental process, as well as help them meet the complicated needs of the modern day, which expects learners to be more creative, effective communicators, and collaborative individuals in the future.

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