

We can't control what goes on the outside. But we can always control what goes on the inside. Mindfulness is not about being good at something. It is about being good at yourself.

AGRUPAMENTO ESOLAS TRIGAL SANTA MARIA AETSMA



THE SAFE AND MINDFUL MOVEMENT OF YOUNG REFUGEES AND MIGRANTS INTO YOUTH GROUPS



Agrupamento
Escolas
Trigal Santa Maria



Enso Group



HUMAN
RIGHTS
YOUTH
ORGANIZATION

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Rua Nova do Trigal - Tadmim

Mindfulness for
migrants and
refugees



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About Us

Agrupamento Escolas Trigo Santa Maria is interested in helping young migrants and refugees to be more integrated in their daily and school life. With this offer we want to give them new opportunities for a healthier and happier life. Our values are based upon truth, wisdom, love, compassion, and integrity.



Benefits Of Mindfulness

Reduces stress and anxiety

Strengthens memory capacity

Power the focus

Cognitive flexibility growt

Teacher



Anabela Mendes

Certified Mindfulness
Teacher

Anabela Mendes graduated as a psychologist in 2012 and was certified in 2015. She combines different techniques of Mindfulness to deal with the problems of the attendants and exercises prescription to improve students' quality of life.

Training Include

Basic mindfulness training

Advanced techniques in
Mindfulness training

Meditation & relaxation training

Why Joining

Improves cognitive functions and memory

Relieves anxiety

Slows down brain aging

Helps in the fight against mental
illness

Increases resilience

