What is a Mindful Kansas City?
A Mindful City is a resilient city designed to support people in living their best lives.

We envision a Mindful Kansas City as an inclusive place with a kind and welcoming culture in which people from all walks of life can thrive.

Through mindful awareness, Kansas Citians will find more meaningful connection to community and the places where they live, work, and play. The inhabitants of a Mindful City join together to promote social, economic, and environmental justice. The resulting improvements in safety and wellbeing increase capacity for bringing compassionate attention to the most vulnerable among us as well as those who work to care for them.
How can Mindfulness help?

Mindfulness can help us address our individual and societal challenges, enabling us to generate wise responses that include an understanding of how our minds are shaped by the world and vice versa.

Individual and social wellbeing are inseparable. With a strong foundation of compassion and ethical commitment to social and ecological justice and sustainability, our collective mindfulness practice can help us embody and realize our deepest values in the world.

Research-based evidence

Mindfulness provides the stability to stay present in the midst of strong feelings of despair and doubt which might otherwise derail efforts and lead to burnout.

Mindfulness helps us see more clearly how views and prejudices result from different life experiences, which opens the door to constructive dialogue.

Mindfulness helps builds attentional capacity, compassion and flexibility of views.

Mindfulness reveals how our perceptions, thoughts and reactions are conditioned by the world we live in, enabling us to break free from limiting beliefs and narratives internalized from harmful ideologies.

Community Engagement - a mindful community is a more connected and engaged community.

Quality of Life - practice in mindful living builds self-awareness and increases emotional intelligence, which is correlated with better stress management, improved job performance and decision making, less reactivity, more effective conflict resolution, greater compassion and empathy, and resilience.

Public Health - a more intentional focus on personal well-being leads to better overall public health.

Safety - a mindful city is a safer city - research shows mindfulness training is correlated with decreased problem behavior and increased prosocial behavior.
A report with data from over 1,500 Search Inside Yourself Leadership Institute global program participants demonstrates the positive impact this type of program has on mindfulness, emotional intelligence, resilience, stress management, empathy and many more dimensions.

Click here to read the report.

Donella Meadows
Systems Theorist

The most powerful leverage point for change in a system is “the mindset or paradigm out of which the system — its goals, power structure, rules, and culture — arises”. “Mindfulness can help us break free from a mindset that is unbalanced, fear based, and unsustainable. By promoting self-acceptance, and reconnecting us to ourselves, others and our environment, mindfulness can help us address the deep psychological insecurities that lie at the root of our greatest fears, our most entrenched conflicts, and our insatiable drive for over-consumption that threaten our wellbeing.”

A number of cities are launching their own Mindful City initiative. All the cities are accomplishing this in different ways. CLICK HERE to learn about the Foundation for a Mindful Society - Mindful Cities Initiative.

The Mindful City Movement

Flint, MI
Click here to view a 1-minute video.

Jackson Hole, WY
Click here to view a 2-minute video.

Boston, MA

Ottawa, KS
Click here to view a 6-minute video.

Ann Arbor, MI
Visit the Mindful City Ann Arbor website.

Winooski, VT
Click here to view a 3.5-minute video.
A Transformative Network Across Sectors

In Education

When teachers learn mindfulness, they not only reap personal benefits such as reduced stress and burnout but their schools do as well. In randomized controlled trials, teachers who learned mindfulness reported greater efficacy in doing their jobs and had more emotionally supportive classrooms and better classroom organization based on independent observations.

In Health Care

Research indicates mindfulness can play an important role in preventing provider burnout and building and cultivating sustainable compassion. Mindfulness can help improve pain management, reduce symptoms of depression & anxiety, and help prevent relapse in substance use disorders.

In Business

The majority of Americans now say that a corporation’s “primary purpose” should include “making the world better”. In August, a statement on the purpose of a corporation was unveiled by the Business Roundtable, a group of chief executive officers of major U.S. companies. This statement acknowledges broader influences on corporate success beyond the bottom line for shareholders and begins to address the role businesses play in addressing society’s most pressing needs. It prioritizes transparency, compensating employees fairly, fostering diversity and inclusion, supporting communities, and protecting the environment.

** July 2019 survey of 1,026 adults for Fortune by polling firm New Paradigm Strategy Group
You can be a part of this movement as innovative, passionate civic leaders across all sectors join together to bring mindful practices to create flourishing communities.

Help build a mindful KANSAS CITY
Flexible | Responsive | Resilient
IN AN EVER-CHANGING WORLD