

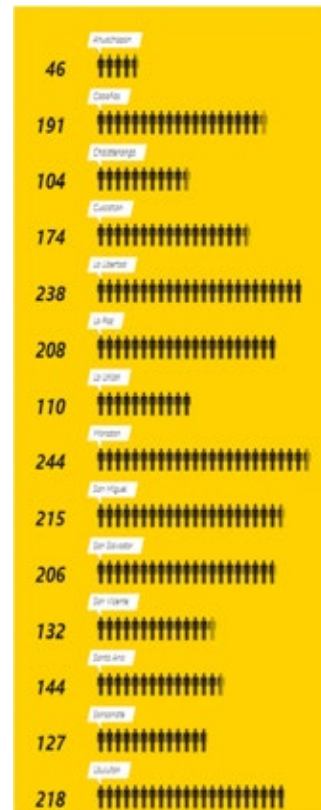
**Types of beneficiaries**

Institution	Beneficiaries
<b>MINED</b>	School directors Administrative staff Teachers Students (years 2011 and 2012)
<b>ISBM</b>	Administrative staff Phycologists Physicians

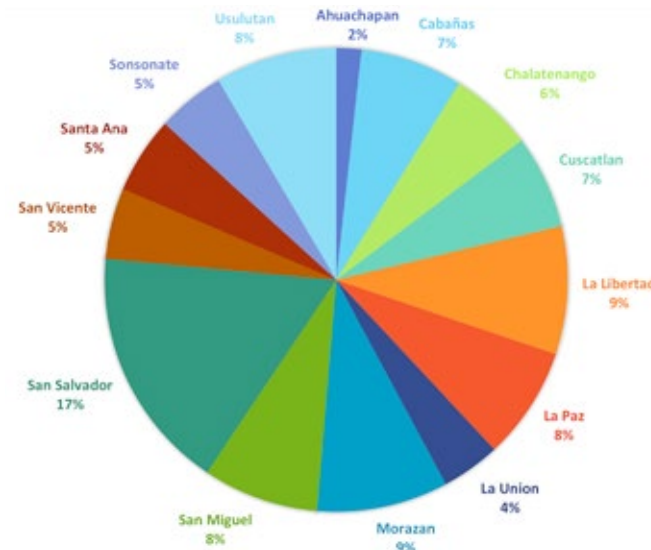
**Total amount of direct beneficiaries and directly impacted schools**

Total amount of...	2013	2014	2015	2016	2017	TOTAL
DIRECT BENEFICIARIES	242	195	553	766	601	2,357
DIRECTLY IMPACTED SCHOOLS	126	139	220	463	393	1,341

**Number of beneficiaries certified by IBREA per region, 2011–2017**



**Percentage of staff certified by IBREA per region, 2011–2017**



**Results**

The program has had an important impact in the physical and mental health of participants, and also in the cultures of the schools and communities they belong to. In following chapters, we present the specific impact – both quantitative (through physical and mental indicators), and qualitative (through testimonies). In summary, positive changes have been documented in the following aspects.

**Physical level, direct beneficiaries:**

- ▶ Weight loss/decreased obesity levels
- ▶ Decreased abdominal circumference
- ▶ Decreased systolic blood pressure
- ▶ Decreased diastolic blood pressure
- ▶ Decreased cholesterol levels
- ▶ Decreased triglyceride levels
- ▶ Decreased glucose levels
- ▶ Surgery prevention
- ▶ Cases of eradication of diseases and chronic pain

**Emotional level, direct beneficiaries:**

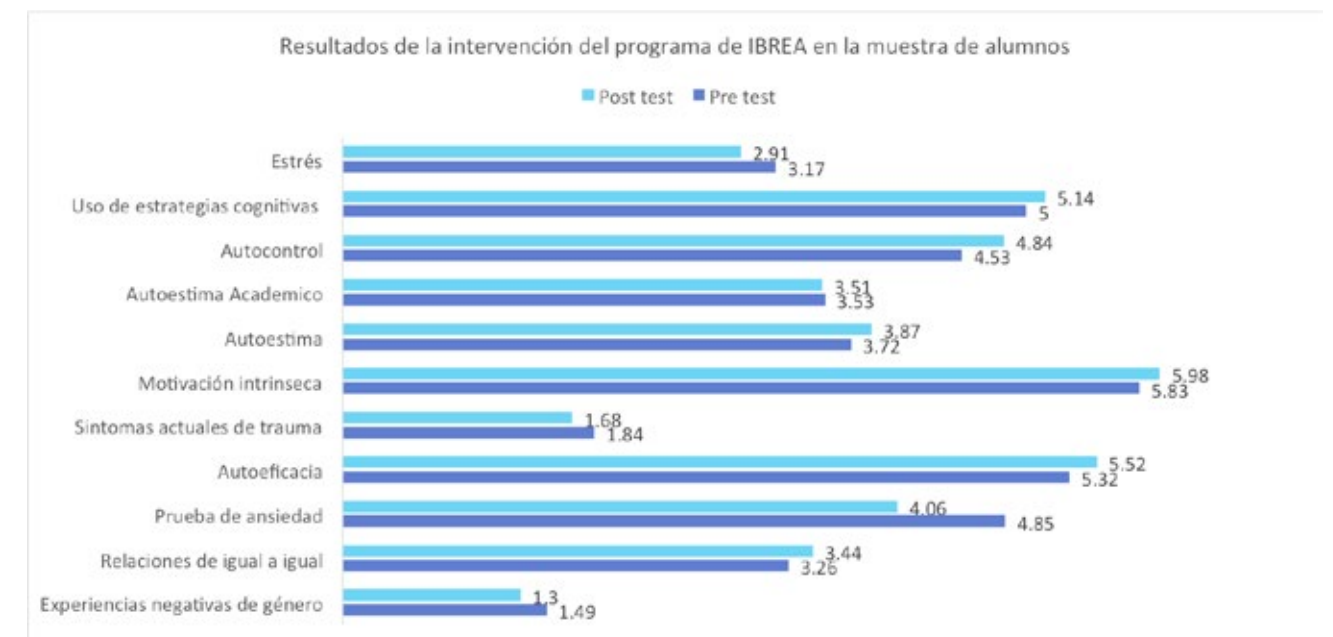
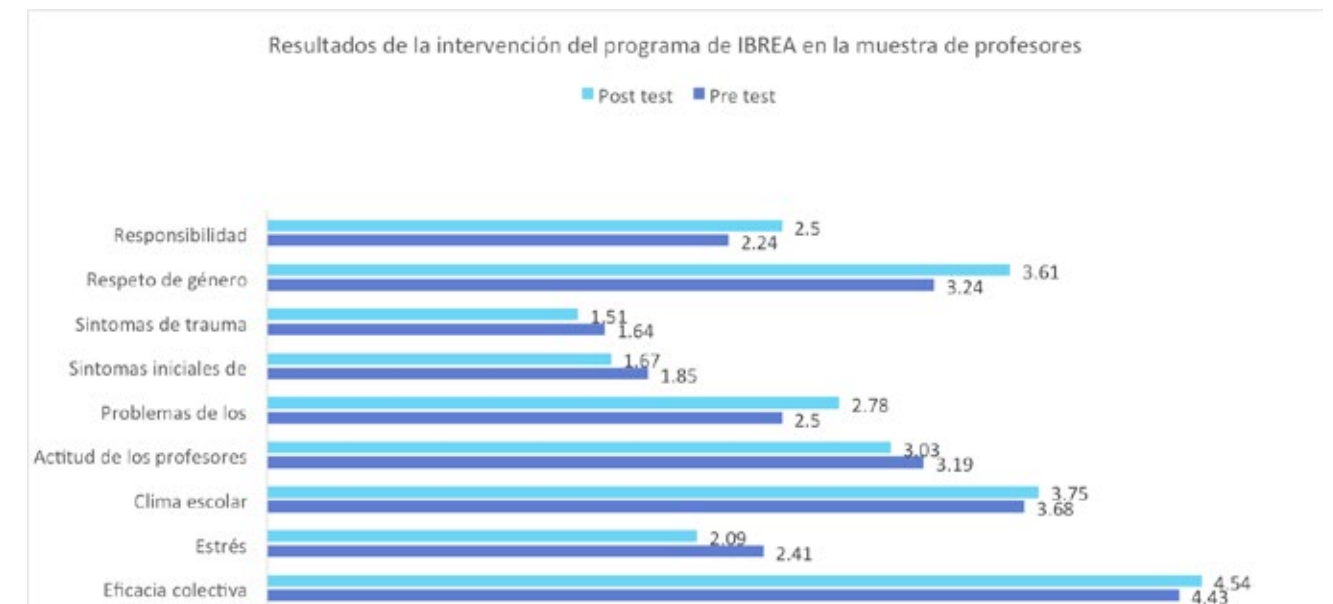
- ▶ Improved collective efficacy
- ▶ Improved school environment and attitudes
- ▶ Decreased perceived stress
- ▶ Decreased acute stress
- ▶ Improved auto-efficacy
- ▶ Decreased emotional exhaustion
- ▶ Decreased depersonalization
- ▶ Improved sentiments of self-realization

**Community level: schools, and communities the direct beneficiaries belong to:**

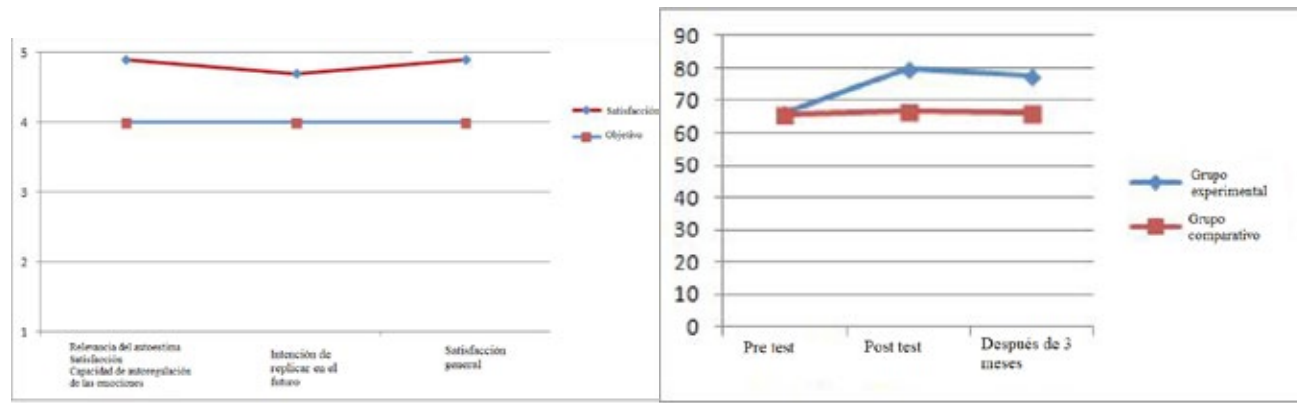
- ▶ Decreased violence levels
- ▶ Conflict resolution involving family heads/parents
- ▶ Improved gender balance

# INVESTIGATION RESULTS

2011

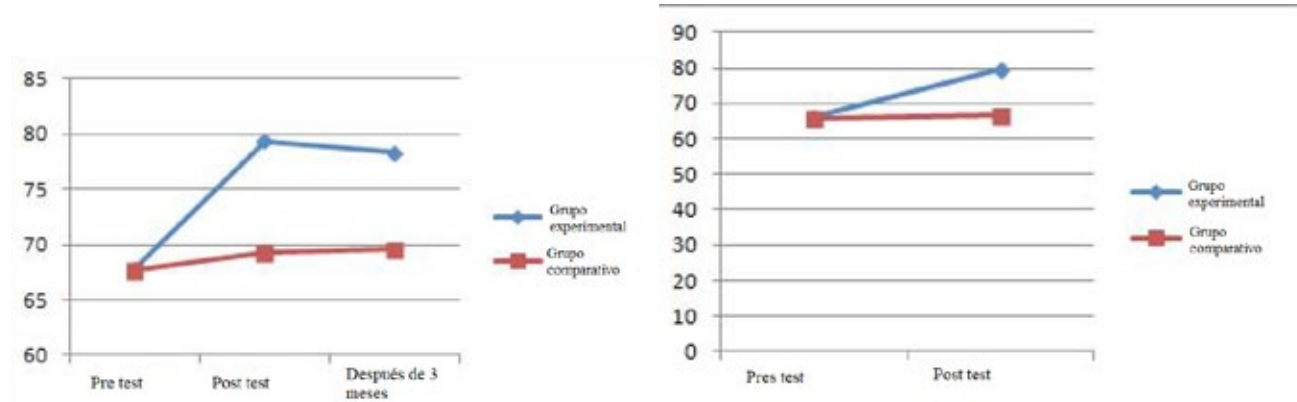


2012



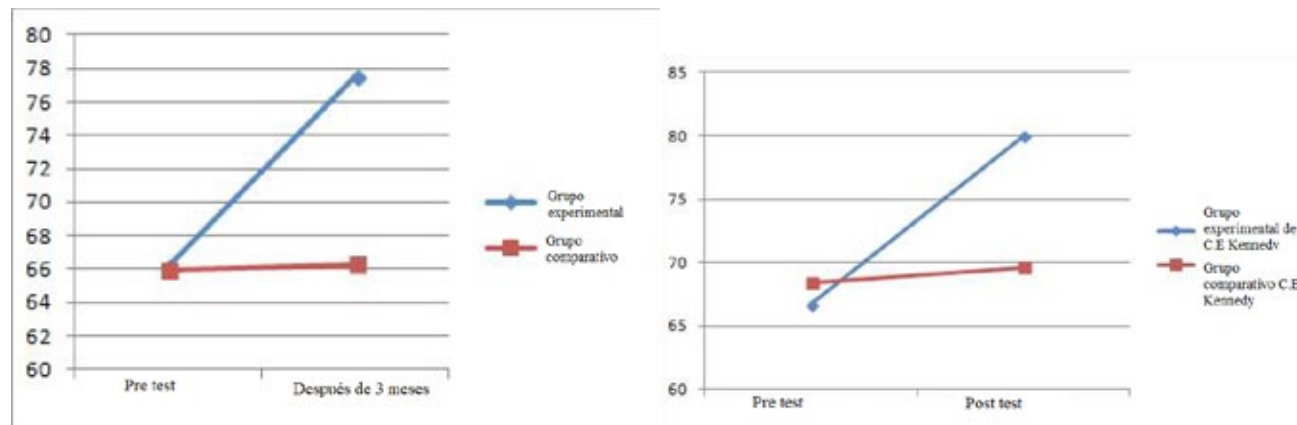
V-1 Satisfacción del entrenador durante el programa

V-2 Autoestima



V-3 Capacidad de manejo de las emociones

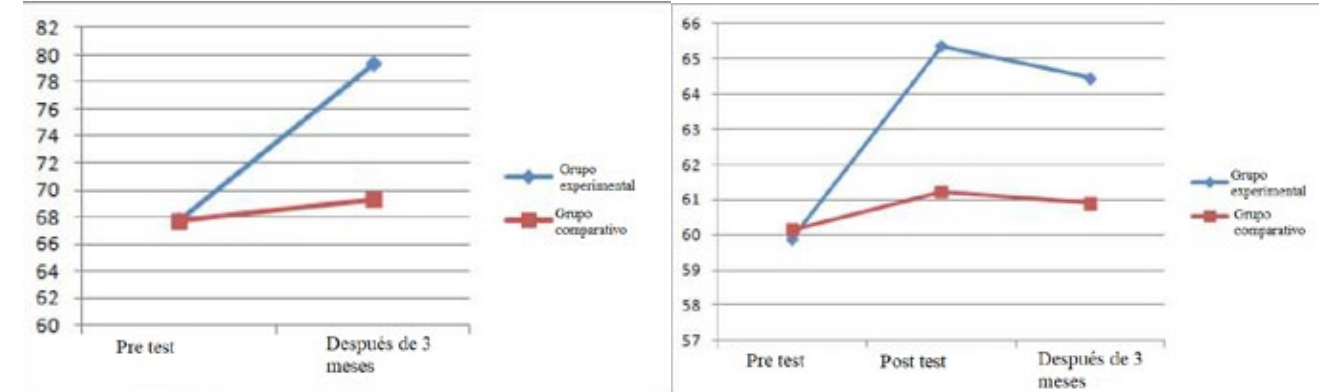
V-4 Autoestima



V-5 Sostenibilidad del impacto sobre el autoestima

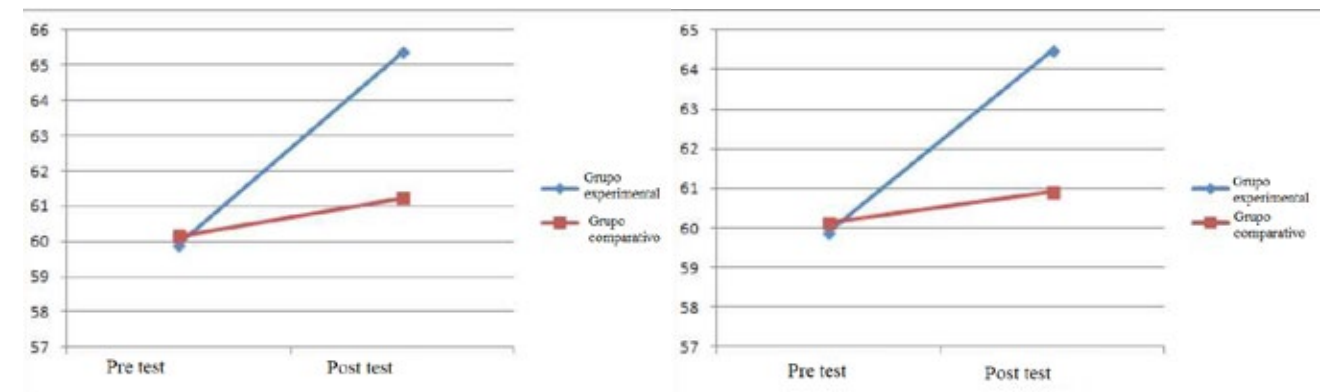
V-6 Autoregulación emocional

2012



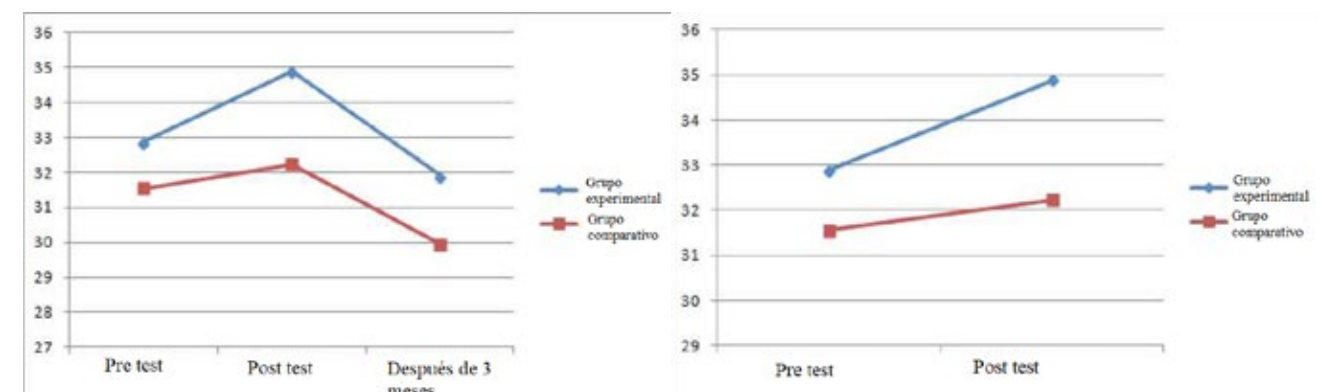
V-7 Sostenibilidad del efecto sobre el manejo de las emociones

V-8 Capacidad de manejar las emociones



V-9 Capacidad para manejar las emociones

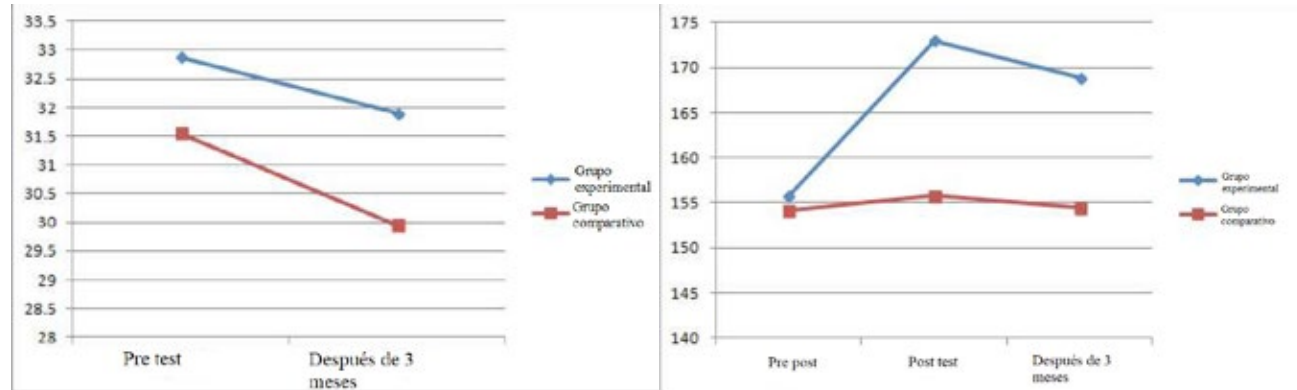
V-10 Sostenibilidad del impacto en la capacidad de manejar las emociones



V-11 Autoestima

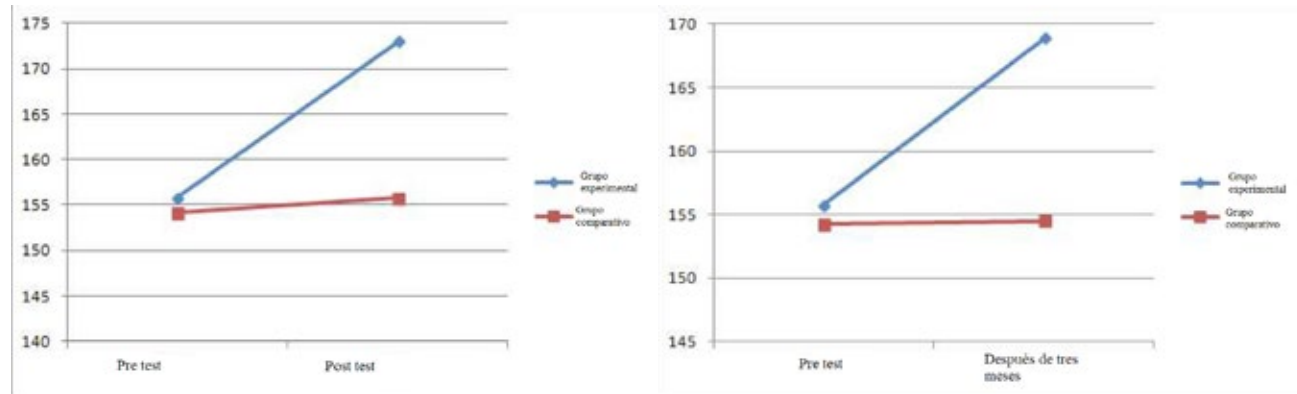
V-12 Autoestima

2012



V-13 Sostenibilidad del impacto en el autoestima

V-14 Bienestar Psicológico



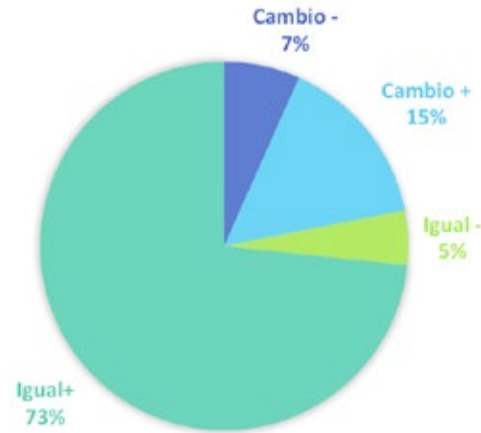
V-15 Bienestar Psicológico

V-16 Sostenibilidad del bienestar psicológico

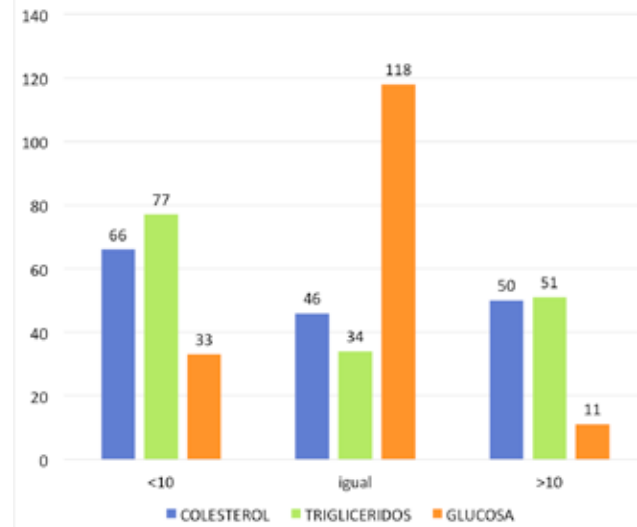


# 2013

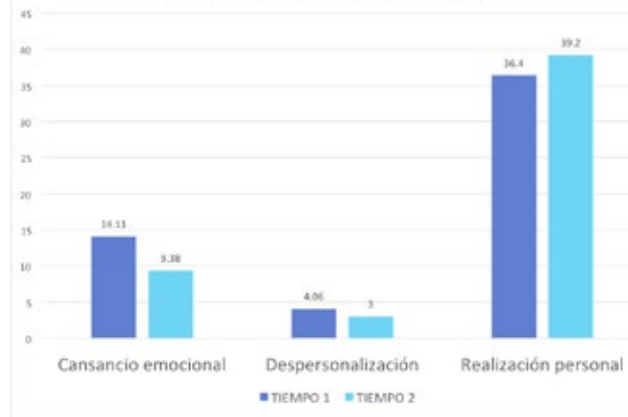
**CAMBIOS EN PRESIÓN ARTERIAL**



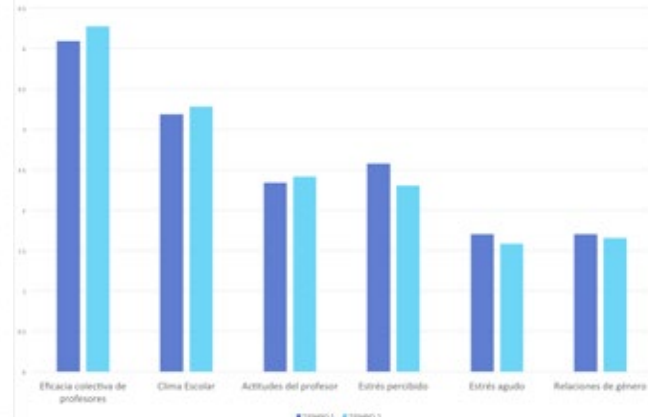
**Cambio en los niveles de colesterol, glucosa y triglicéridos**



**Cambios medidos en variables psicológicas**



**Comparativa de cambio experimentado en prueba psicológica en proyecto IBREA, 2013.**

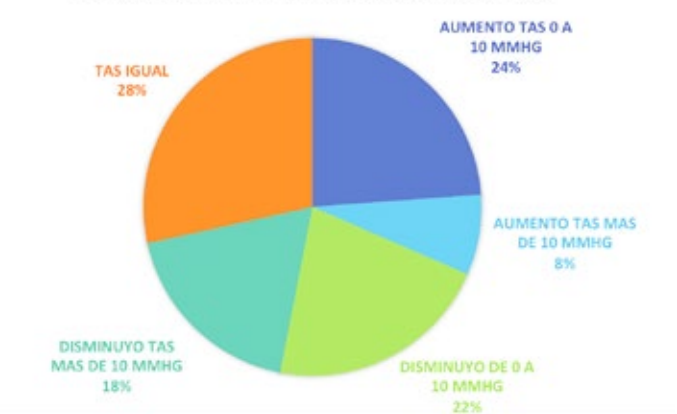


# 2014

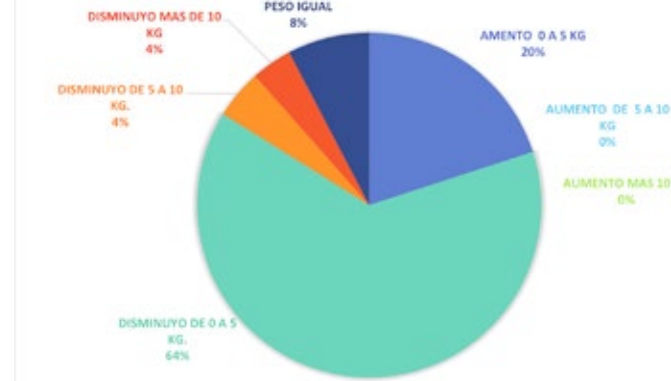
**COMPORTAMIENTO DE PRESION ARTERIAL DIASTOLICA (TAD)**



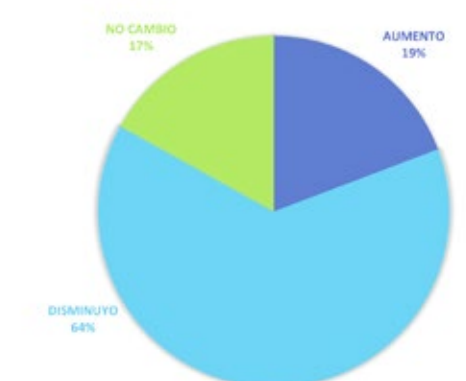
**COMPORTAMIENTO DE PRESION ARTERIAL SISTOLICA (TAS)**



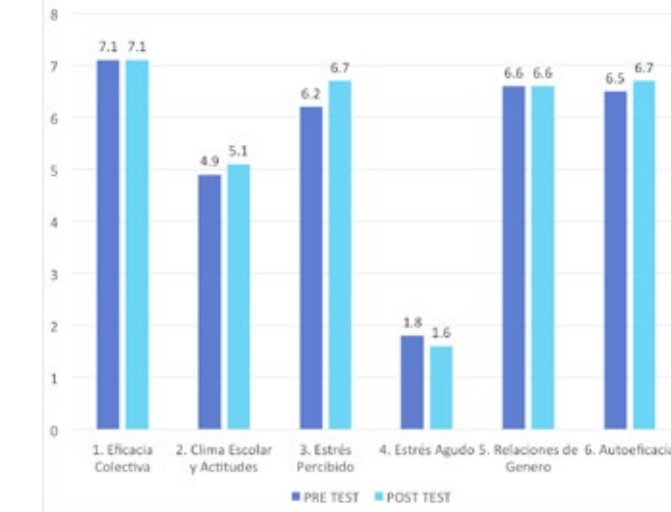
**COMPORTAMIENTO DEL PESO DE LOS PARTICIPANTES DURANTE EL PROYECTO, 2014**



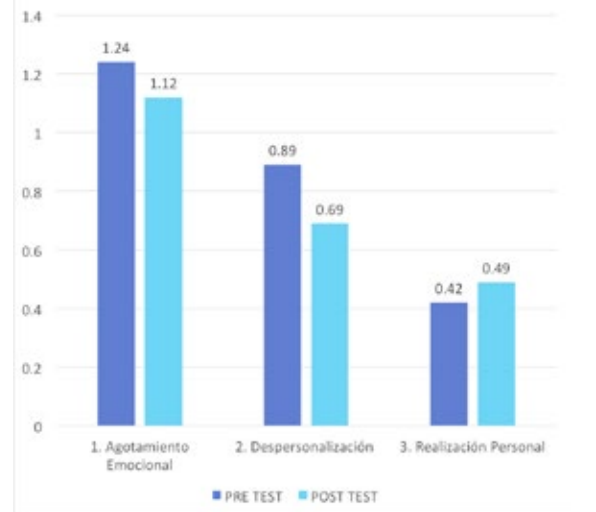
**CAMBIOS DEL PERÍMETRO ABDOMINAL, 2014**



**SEGUIMIENTO DE VARIABLES PSICOLÓGICAS**



**SEGUIMIENTO DE VARIABLES PSICOLÓGICAS**





## TESTIMONIES

### TESTIMONIES OF TEACHERS CERTIFIED DURING 2013–2017

“The IBREA program allowed me to discover that our brain guides our emotions. I also learned to get own my potential and take decisions with responsibility. I realized how important that is, how our decisions also have an effect on the society. Brain education allows us to be flexible and open. I have taught the techniques that I have learned in this project to both students and parents.”

—Rubia Yanira Cañas de Duran,  
Escuela Benjamín Bloom, Apopa

“I have been able to improve my relationship with my teammates, improve my concentration, and now I have a better capacity to solve problems and perform my job, focusing my energy to achieve better results daily. I waste less time”

—Maria Estela Asencio de González,  
AsistenteAdministrative staff,  
Region of Cabañas

“My mind is more fresh, relaxed, and focused in every activity I perform. I am able to create a more warm and trusting environment at school. I also felt my motivation increasing and more will to create change. The practices and principles taught really do wake up your brain!”

—Milagro Cornejo Natarén, Director,  
Escuela de Educacion Parvularia Doctor Miguel  
Tomas Molina, La Paz

“I listen and guide the people that reach out to me better. I improved my leadership. I can focus more effectively, I see the problems more like normal situations, and I can solve them faster.”

—Patricia Guadalupe Alvarado Osorio,  
Department Director,  
Region of La Paz

“The best thing I have learned is that I should never say “I can’t” without trying. I used to be very negative, but through the program, I am the owner of my emotions. I can always be positive and choose to be hopeful. The program is also designed in such a way that you naturally feel you want to share and teach others. I will continue sharing this benefit with others, my teammates, principals around my school, and my family.”

—Josefa Noemi Rodríguez Servellon,  
Department Director,  
Department Direction of Cuscatlan

“This has allowed me to understand the people that come to me with problems, and keep calm when some of them have aggressive or strong attitudes. Some of the people I work with have told me that they see my changes- I am more cheerful and happy. Also, I’m less upset when I run into any problems and I take decisions with a clearer mind.”

—Ana Miriam Hernandez,  
Department Director,  
Region of Cabañas

“My experience with Brain Education has been beneficial not only for me, but also my family, and my work environment. It has helped me face my problems courageously, and it has taught me that before offending others or losing control, I can communicate and prevent conflicts. This is something very important if we want to end violence in the country”

—Dora Argentina Díaz de Galdamez, Principal,  
Centro Escolar Canton Palacios,  
region of Cabañas

“Now I see the world from a different perspective. With my fellow teachers, it has helped to improve our working environment. I have changed my attitude. By practicing, and reminding myself of my experiences in the classes, I can constantly feel well with myself, and this helps me improve my relations with everyone else.”

—Rodil Antonio Flores Lopez, Principal,  
Centro Escolar Caserio Santa Paula,  
region of San Vicente (2013)

“Although I had already heard that the mind has great power, now I have been able to experience it through this program, in my own body and mind. I have been able to feel the positive changes in my own emotional regulation by practicing the exercises. Now I always try to find a solution to the problems I’m facing, and I do it with a critical view and great insight, searching not only for my personal benefit but also the collective benefit. Very inspirational”

—Domingo Antonio Vides,  
Centro Escolar Agustin Rivera, Cabañas

“I have noticed that together we can achieve many things and change the world that we live in. But to change the world, first we have to change ourselves.”

—Ana Patricia Torres,  
ISBM, San Vicente

“I have improved my performance in my job. I’m able to motivate myself more. The relationship with my family and teammates has also improved. My health gradually improved and I acquired tools that I keep applying in order to maintain my good health. I have a strong character...and my attitude is also more controlled through the practice!”

—Rosa Isela Alas Bonilla,  
Centro Escolar Caserio el Jutal Cantón  
SanAntonio, Cabañas

“I realized many things, especially that I have to use my will more, dominate my mind, and do anything in my hands to generate a culture of peace in my community. Now I can clearly see how to do that, through being responsible for my own self”

—Lazaro Estrada, Technical Assistant,  
Ministry of Education Directorate  
of the region of La Paz

“As time passed, I realized how my conduct and thoughts started changing. I understand that my brain is the one that coordinates all my life. I observed changes in my way of thinking through the relaxation of my body, and I have discovered that I can do anything I want as long as I decide it.”

—Alicia Lopez, Administrative Staff,  
ISBM, Cuscatlan

“Since I have been practicing with IBREA, I feel a lot of potential and wellness. For example things that I thought it would take me years to achieve, they are really possible to achieve in a shorter time if I just focus more. I have a greater sensitivity in my body and I can focus more easily. Practicing meditation and breathing was hard and paradoxical at the same time for me because I wanted to bring it to my patients but I was not sure how they would react. But with a few months of practice, now it is easier to guide them. Even though they may show resistance at first, because of cultural barriers and other factors, once they experience the benefits, they are more than willing to do it. I really consider that I obtain important benefits any time I apply the tools and the approach that we have learned”

—Maria Anita Hernandez, Psychologist,  
ISBM, Cuscatlan

“I taught all the teachers in my school after I received the program. I have noticed that my fellow teachers have improved their self-esteem, and the institutional environment has been better. Now we don’t have so many problems with teachers, students, and parents. I am grateful for this great opportunity in my life.”

—Miguel Angel Barahona Cornejo, Director,  
Complejo Educativo Catolico Presbítero Higinio  
Torres, San Vicente

“It has been a very gratifying and unique experience that went beyond my expectations, I feel younger physically, mentally, and emotionally. It has been a radical 360-degree change. I see life from a different perspective and I find new motivation to be useful and help others.”

—David Benedicto Navidad Henriquez,  
Technical Assistant,  
Department Direction of Cuscatlan

“I’m more conscious about the importance of my relationships with others, practicing my responsibility, diligence, honesty. I know that my brain has great potential and other people as well and that together we can transform our environment.”

—Melvis Haydee Garcia, Technical Assistant,  
Department Direction, San Vicente

“I feel my life has improved, I can focus more, and I understand that if there are things or situations that I can’t handle, I’m the one that has to change to improve, instead of complaining or waiting for things to change. This was an important shift for me”

—Carlos Neftali Rivas Peña, Director,  
Centro Escolar Cantón San Francisco  
del Monte, Cabañas

“I suffer from bronchial asthma and on our second session, I had a very bad crisis, I asked for permission to leave the class but I was encouraged to stay. Now I know that was the right decision. From that day on, I haven’t had any other crisis. I also had problems with my urinary tract (recurring infections). Every month, I had to deal with asthma and infections. Doctors didn’t know what to do because I couldn’t keep taking so many antibiotics. But with the continued practice from the program, I haven’t suffered from any health problems during the last 6 months.”

—Ana del Carmen Duron de Rivera,  
Teacher, Centro Escolar Jose Luis  
Domínguez Orellana, La Paz

“I am more happy, cheerful, smiley, and active in my job. The program has awakened my consciousness to love the people I know, my community, my country, and the Earth. Today, I think and see things differently. I’m searching for harmony and wellness, and I help others more”

—Mirna Lissete Mendez de Quinteros, Director,  
Escuela de Educacion parvularia Jose Misael  
Ramos, Cabañas

“With the technical team I work with (10 colleagues), I have noticed that I can support them more, understand them, make suggestions and motivate them, and achieve goals. I consider that my personal relationships have improved, besides increase creativity and efficiency to respond to my challenges at work.”  
—Mercedes Dinora Rodriguez de Contreras, Technical Assistant, San Salvador

“The learning process that we have completed has gradually allowed me to understand that if I chose something and persist, I can make it happen. It has allowed me to understand that I’m the owner of my life, that in reality I’m the master of my future. So we can together create our future for the country”  
—Vilma Liliam Sorto de Benavides, Department Director, San Salvador

“The beautiful experience of teaching the program to my mates at work and listening to their testimonies of improvement has helped us progress in our personal relationships.”  
—Marta Teresa Lopez Rivera, Technical Assistant, Department Director, San Salvador

“Now I feel more connected with people, and I feel also more responsible for the personal, social, and collective care in my community. I’m certain that by taking our own action and sharing this program with others, we will be able to raise collective awareness and action to improve the country”  
—Bernabe Pineda, Technical Assistant, Department Director, San Salvador

“The practice of this will allow our country to make the changes that we all want. Everything I learned in the course has strengthened me and my capacity to work in a team.”  
—Delmy Hayde Monterrosa, Director, Complejo Educativo Marisol Bolaños de Rivas, La Libertad

“I am convinced that this works because I see it every day, teaching the program to my family and my teammates at work, has helped their positivism and wellbeing. Students do this with great enthusiasm and after doing it, they seem to be more focused in their studies as well.”  
—Celia Elizabeth P. de Caceres, Director, Centro Escolar Antonio Najarro, San Salvador

“In conclusion, if we all used the body and brain management techniques, we would have better results in our work and with the student population.”  
—Erika del Cid, Psychologist, ISBM, La Libertad (2013)

“The program is very important because we realize that if we chose something, we can make it happen. I will share it with others, my family, my community, and my work. So, each day, more and more people are conscious of their great potential and we can live in peace. It has been a wonderful experience.”  
—Rosa Ines Abarca, Technical Assistant, Department Director, San Salvador

“I’m much more tolerant with the people I serve (my patients). I feel capable of achieving anything I decide and facing any situation that comes up.”  
—Yasmin Iveth Herrera Hernandez, Psychologist, ISBM

“I have a kidney stone and was scheduled to receive surgery. But with this program, I have been able to handle my problem and for now, I don’t need to have surgery.”  
—Miguel Angel Guzman Arriaga, Technical Assistant, Department Director of La Libertad

“Since I started with the program, my life, health, and performance at work have improved greatly. When I take decisions, first I have better focus, but secondly, I’m more patient with my teammates. I have more calmness and I feel readier to succeed and help others.”  
—Juan Ramon Henriquez Zamora, Technical Assistant, Department Director of Chalatenango

“I feel like I have changed a lot and now I’m even capable of taking decisions that before I would have thought were too risky. I wish to take this to my hometown, where drug consumption is increasing.”  
—Aracely Elizabeth Perez Medraza, Psychologist, ISBM Soyapango

“It helped me to be more responsible, and also more trusting. I focus more easily and I feel more capable of facing my problems. I have improved my relationships with my coworkers, we have more solid friendships, openness, and feel safer with one another”  
—Fred Guillen Gutierrez, Technical Assistant, Department Director of Chalatenango

“To me, Brain Education has changed the way I see life and I have learned to live more freely. Although I know that there will always be problems. I have improved the way I handle and solve anything that happens. I complain less and use less excuses. I try to take more responsibility”  
—Sandra Raquel Henriquez Rodriguez, Administrative Coordinator, ISBM San Salvador

“I have changed a lot the way I think and act, I have positive relations with my coworkers, and have learned how to create an environment of harmony, tolerance, and friendship in school.”  
—Jaime Rene Orellana Garcia, La Libertad

“For me, this has been an opportunity to expand my mind. I have improved my character and the way I face my problems. I feel more secure now. I have taken this experience to my work environment and my coworkers have mentioned my physical and behavioral changes.”  
—Elias Felipe Hernandez Alas, Director, Centro Escolar San Jose Potrerillos, Chalatenango

“I feel more alive and dynamic in performing my daily tasks, both in my job and with my family. It has also motivated me to control my emotions, character, and in general have a healthier life. Thanks for your support and keep it up!”  
—Matias Varela, Department Director, Region of Chalatenango

“My immune system has improved, I have fewer allergies, less sensitivities in my skin, I can control stress, I have less tingling and heaviness in my legs, I don’t suffer from constipation anymore. I feel more joyful, with a better mood and with more energy and calmness.”  
—Maria Lucia Aleman de Zelada, ISBM, La Paz

“I have been teaching in my school. The program has improved our relations, the institutional environment is better, even the teachers that rarely came because of health problems are showing better health.”  
—Rosa Lidia, Director, Escuela de Educación Parvularia Gabriela Mistral Santa Ana

“I feel more active and cheerful, less tense or nervous, which has allowed me to distribute my time better so I can finish all my activities and share more time with students, parents, and all the teachers.”  
—Ana Maria Fajardo, Director, Escuela de educación parvularia profa. Cordelia Avalos de Labor, Ahuachapan



“When I started with the classes, the first four sessions I had a lot of lumbar pain and fibromyalgia. As the sessions progressed, I started to feel better and now I have about 3 months without taking medications and without pain. This has helped me in my job, I can focus more, and solve problems with more resources and creativity.”

—Nuria Graciela Rivera, Director,  
Centro Escolar Juan Ramón Uriarte, Sonsonate

“At work, I feel like I have more energy to solve my problems and I can also track them better.”

—Jose Mauricio Fajardo, Administrative  
Coordinator,  
ISBM, Santa Ana

“This program is very important because it helps create a collective consciousness instead of only setting individual goals. We can, through our own changes, improve the quality of life of the whole community and country. IBREA encourages us to be honest, responsible, and smart as individuals and with everyone else we relate to. It’s very helpful.”

—Mauricio Rafael Zavaleta Rodriguez,  
Sub-director, Centro Escolar Republica  
Federada Centroamericana, Santa Ana

“The program has allowed me to see things from a new perspective, not as problems but as opportunities to change things.”

—Sandra Aracely Ramirez de Castro,  
Administration Chief,

Education Department of Ahuachapan

“I replicated the program in my school with all the staff and we have been able to start seeing changes in the way the work is done, with better collaboration and understanding. Personal relations have also improved and there is a good communication, so the institutional environment has improved.”

—Juan de la Cruz Ramos Guevara, Director,  
Centro Escolar Henry Ortiz Morazan

“Now I have a broader understanding of my teachers and students. And I know that maybe they feel the same way. I know that I have the challenge of showing them how to live better and in a healthier way.”

—Norma Elizabeth Villanueva de Gomez,  
Director, Centro Escolar Colonia Manoa,  
San Miguel

“Currently I’m practicing how to achieve my work goals, especially in those processes in which I have failed or consider I have not been making progress. This opportunity has changed my life, it has allowed me not to be so sedentary, which is one important problem in our society and schools. I realize the importance of simply moving your body through the day, and how that is connected to your mind and emotions. Very interesting. Thank you very much.”

—Jose Emilio Quiros Cruz, Technical Assistant,  
Department Direction of Usulután

“Today I have less and more controllable fears because in my mind I try to place thoughts of realization and action, instead of doubt and worry”

—Oscar Mauricio Reyes, Technical Assistant,  
Department Direction of La Union

“This program has taught me a lot, I have learned to control myself in many ways. I try not to take abrupt decisions in my work life anymore. I meditate more, bringing down feelings of anger or rage. I can control myself more before answering or reacting. I think that if people understood better the ability to control our reactions, there would definitely be less violence.”

—Moris Martinez, Director,  
Complejo Educativo Naciones Unidas, Morazan

“The program has helped me handle my emotions, my character, and my relation to others. The dynamics of meditation have helped me recover my motivation for projects I had abandoned for lack of hope or because of my negative thinking. I have already achieved some of them with this change in attitude. Simple but powerful”

—Boris Emerson Rivas, Technical Assistant,  
Department Direction of La Union

“I improved my resilience and I learned how important it is to generate new and different structures and pathways in the brain, to stay flexible and creative. I started feeling more vitality, flexibility, and inner peace.”

—Jose Oscar Guevara, Director,  
Centro Escolar Canton san Antonio, San Miguel

“The program helped me understand that there are no limits when it comes to achieving goals and that it all depends on our decisions. If one person takes a decision, with persistence, that happens. Now I really have hope that the social situation in our country can improve. I now feel like an advocate of the peace we all want.”

—Leslye Rodriguez, Administrator,  
ISBM Usulután

“It is a very interesting experience and the most important thing is that it can help people recognize and cherish their bodies, their minds, which encourages self-care. It has been great for my physical and health. I can see how my own wellbeing affects those around me”

—Patricia Guadalupe Rosales Vega,  
Cabañas

“Teachers and students felt very excited while performing the relaxation exercises and they manifested their willingness to practice what they have learned with their students and families.”

—Marina de Jesus Reyes Guevara, Teacher,  
Centro Escolar Jesus Escobar de Cardenas,  
San Miguel

“Teachers have shown improvements in their physical and mental health—improving their responses to stress and their biological functions. Students have shown better behaviors and are more focused in class.”

—Blanca Lidia Turcios de Baires, Director,  
Centro Escolar Canton Primavera, San Miguel

“My experience has been excellent. When I started receiving the course, I was depressed and I felt that my body got tense and anxious while performing the exercises, but after a few sessions, I started relaxing more and the problems I had felt lighter, instead of being a heavy burden over my shoulders. Falling asleep has always been hard for me, but after the program I feel less anxious, I do my relaxation exercises, and I can sleep better. This training is helping me in my personal life and I am also replicating it with my fellow teachers, and my students love it. When I forget to do the exercises, they always remind me.”

—Maria Imelda Yanes, Teacher,  
Centro Escolar Canton la Cruz, Usulután

“At the beginning, I was afraid of teaching this since I didn’t know how my students would react because it would be something very new to them. I started by explaining the theory and the importance of connecting the mind and the body. The experience was very different from what I imagined, they showed great enthusiasm and good disposition. To me, the mixture of theory and practice is a very successful method in the program. My students now always point out before starting the classes that we have to do the exercises, and they also took on the challenge to practice at home. In conclusion, this has been a very beneficial experience and the results have been great.”

—Marleni Marisol Pablo Beltran, Teacher,  
Centro Escolar Caserio el Centro Canton el  
Zapotillo Usulután

“Doing the exercises has allowed me to relax my body and brain. I always feel tension in my body, even if I have no reason, and practicing these exercises at home and at school has allowed me to release stress.”

—[María Ines Hernández Arias](#), Teacher,  
[Instituto Nacional de San Lorenzo, San Vicente](#)

“I have seen improvements in all my body, my health has improved greatly, and I have more energy. It is a very good experience and I’m happy to share it with other teachers, students, and some parents.”

—[Ana Fulbia Canales de Guerra](#), Director,  
[Centro Escolar Hacienda Las Victorias, Sonsonate](#)

“I have been an instructor since 2013, working with the teachers of my school. I implement the program once a week. Each teacher transmitted the knowledge to their classrooms (about 300 students in the school). We have seen better attitudes, more tolerance, more resilience, and openness within teachers and students, which translates into a better school environment.”

—[Domingo Antonio Vides](#), Director,  
[Centro Escolar Agustín Rivera Cabañas](#)

“Before the program, we had high levels of violence inside the institution because of the influence of gangs in the area. As a preventive measure, we implemented the program and we gradually incorporated the teachers of the school center. It has been of great help. I could see how, something as simple as removing tension from the mind and body really does result in reduced violent behavior. Amazing experience.”

—[Dagoberto Valladares](#), Technical Assistant,  
[Department Direction of La Libertad](#)

“The program was implemented with students—including all the psycho-physical activities. It has improved their focus, and the grades in the pre-PAES course at the school. Later on, we could see better academic results overall”

