

Mindfulness stems from an ancient Buddhist practice which is very relevant for life today. It is a very simple concept and involves:

Paying attention in a particular way: on purpose, in the present moment and non-judgementally.

Mindfulness can increase awareness, clarity and acceptance of our present-moment reality. Rumination takes us away from the present moment and into negative thoughts, mindfulness can bring us back.

Practicing mindfulness helps you:

To be fully present, in the here and now

To experience unpleasant thoughts and feeling safely

To become aware of what you're avoiding

To become more connected to yourself, others and the world around you

To become less judgmental

To increase self-awareness

To become less disturbed by and less reactive to unpleasant experiences

To learn the distinction between you and your thoughts

To learn that everything changes – that thoughts and feelings come and go

To have more balance, less emotional volatility

To experience calm and peacefulness more often

To develop self-acceptance and self-compassion

How to be more mindful:



Engage your senses, tune in,
be in the present



Mindful activities e.g. walking,
showering, washing up



Mindful breathing



Mindful meditation

There are a number of useful mindfulness resources available online:

- <http://www.freemindfulness.org/download>
- <http://www.getselfhelp.co.uk/mindfulness.htm>
- [https://www.cci.health.wa.gov.au.what is mindfulness.pdf](https://www.cci.health.wa.gov.au.what%20is%20mindfulness.pdf)
- [https://www.cci.health.wa.gov.au.mindfulness and letting go.pdf](https://www.cci.health.wa.gov.au.mindfulness%20and%20letting%20go.pdf)
- <https://insighttimer.com>
- **Free course:** <https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

Apps:

- Headspace
- CALM
- The Mindfulness App
- Insight Timer

