



Mind Full, or Mindful?

Mindfulness for Stress and Anxiety



What is mindfulness?

Mindfulness is a thought process that allows us to pay attention to, and see clearly what is happening in our lives. Whilst it cannot eliminate life's pressures, it can be a good way to help people deal with them in a calmer manner that is beneficial to overall **well-being**.

Being more **aware** of the **present moment** can help us enjoy the world around us more and understand ourselves better. Mindfulness is a practical way to **notice thoughts, sensations, sights, sounds and smells**. The practice may be simple, but because it is so different to how our minds normally behave, it takes practice.

Mindfulness could be described as choosing and **learning to control** our focus of attention. Mindfulness is about **being in the moment**, not regretting the past or worrying about the future.

The benefits of mindfulness

It can be easy to rush through life without noticing what is going on. Stressful lives often lead to living on 'automatic pilot'. When this becomes a habitual state, it can be associated with a number of stress related health problems. Being more aware of the present moment can help people to **enjoy** the world around them and to develop a better **understanding** of themselves.

Everybody can benefit physically, emotionally and mentally from learning mindfulness techniques. It can contribute to **greater peace** of mind, better sleep and more focus on work as well as to feeling **happier** and having better relationships with others.

As you begin to practice things in a mindful way you will feel calmer and more **relaxed**, and will have a greater concept of your surroundings and feelings.

How to practice mindfulness

Simply being 'in the moment' in the present. Whether you are inside or outside, just take a moment to **scan** through your **senses**, what do you see, what do you hear, what do you smell, what can you taste, what are you touching, **notice** the texture, the temperature around **you**.

Practice observing what is happening in the present.

Everytime a thought about the past or the future appears in your mind, **gently** replace it with a conscious thought about **the here and now** using one of your senses.

