

What is Mindfulness?

Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgementally to things as they are.

Pay attention to what? To anything, especially aspects of life that we tend to take for granted. For example, we may pay attention to how we walk, what we are thinking when in the shower, or how we feel whilst browsing on the internet.

Why does paying attention in this way help? Because it gives an opportunity to respond to stress rather than react. Mindfulness allows you to exert control and influence the flow of events when you are likely to react automatically.

We are not trying to suppress emotions when we respond to stress. We are learning to work with all our reactions, both emotional and physical, to see how we may respond more effectively. Awareness brings comfort of a certain kind. We could call this the comfort of being whole.

Mindfulness is developed, deepened and enriched through the practice of mindfulness meditation. By establishing a regular, daily practice of mindfulness meditation, research has shown it will result in positive emotional changes in the brain, less depression and anxiety, less stress reactivity and more reasonable responses to challenges, and a greater sense of wellbeing. Meditation is not as difficult as people make it sound - by doing a course or workshop by an understanding teacher, you'll learn the art of meditation within a few weeks or so.

http://www.bemindful.co.uk/about_mindfulness/experience_mindfulness

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EXPERIENCE MINDFULNESS

Many people have found Mindfulness useful, whether they have used it to help them deal with recurrent depression or anxiety, or as a tool to improve their mental wellbeing and help them deal with stress.

Mindfulness helps people to see their situation, thoughts and feelings in a non-judgmental way so they can stop themselves from reacting impulsively. It gives them time and space to consider a new way of acting, to break a negative cycle of thinking and doing, and to feel more in control of their actions.

We spoke to Ruby Wax, Ed Halliwell and Kathy Andrews about their mindfulness experiences and how the therapy has helped them lead happier, more fulfilling lives.

"Mindfulness is the piece that's missing in other kinds of therapy. Now I don't get so

RESOURCES

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