

## A Few Things to Know About Mindfulness:

**1) Mindfulness is not obscure or exotic.** It's familiar to us because it's what we already do, how we already are. It takes many shapes and goes by many names.

**2) Mindfulness is not a special added thing we do.** We already have the capacity to be present, and it doesn't require us to change who we are. But we can cultivate these innate qualities with simple practices that are scientifically demonstrated to benefit ourselves, our loved ones, our friends and neighbors, the people we work with, and the institutions and organizations we take part in

**3) You don't need to change.** Solutions that ask us to change who we are or become something we're not have failed us over and over again. Mindfulness recognizes and cultivates the best of who we are as human beings.

**4) Mindfulness has the potential to become a transformative social phenomenon.** Here's why:

- **Anyone can do it.** Mindfulness practice cultivates universal human qualities and does not require anyone to change their beliefs. Everyone can benefit and it's easy to learn.
- **It's a way of living.** Mindfulness is more than just a practice. It brings awareness and caring into everything we do—and it cuts down needless stress. Even a little makes our lives better.
- **It's evidence-based.** We don't have to take mindfulness on faith. Both science and experience demonstrate its positive benefits for our health, happiness, work, and relationships.
- **It sparks innovation.** As we deal with our world's increasing complexity and uncertainty, mindfulness can lead us to effective, resilient, low-cost responses to seemingly intransigent problems

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# MINDFULNESS

BY APAGE

## WHAT IS MINDFULNESS MEDITATION?

LIVING IN THE MOMENT

MINDFULNESS BEGAN AS A BUDDHIST TRADITION.

IT'S A SEATED MEDITATION TECHNIQUE THAT FOCUSES ATTENTION ON BREATHING, BODILY SENSATIONS AND MENTAL RELAXATION.

MINDFULNESS MEDITATION IS NOW RECOGNIZED BY PSYCHOTHERAPISTS AS A FORM OF COGNITIVE THERAPY.

WHAT MAKES MINDFULNESS UNIQUE FROM OTHER FORMS OF MEDITATION IS THAT THE PRIMARY FOCUS IS ON ONE'S CURRENT PHYSICAL STATE.

