

What is Mindfulness and how will it help me?



Mindfulness is a practice that individuals and groups can do on a day-to-day basis. It can enable people to change the way they think and feel about their experiences, especially stressful experiences. As a mind-body approach, it can increase our ability to manage difficult situations and make wise choices.

A growing body of evidence has found that when people intentionally practice being mindful they feel less stressed, anxious and depressed, with the UK Government's National Institute for Health and Clinical Excellence (NICE) recommending MBCT for the treatment of recurrent depression. Research also shows positive effects on several aspects of whole-person health, including the mind, the brain, the body, and behaviour, as well as a person's relationships with others.

Mindfulness can be used as a tool to manage your wellbeing and mental health. With good mental health, you can:

- Make the most of your potential
- Cope with life
- Play a full part in your family, workplace, community and among friends

“Typically, mindfulness practice involves sitting with your feet planted on the floor and the spine upright. The eyes can be closed or rest a few feet in front while the hands are in the lap or on the knees. The attention is gently brought to rest on the sensations of the body – the feet on the floor, the pressure on the seat and the air passing through the nostrils. As the thoughts continue, you return again and again to these physical sensations, gently encouraging the mind not to get caught up in the thought processes but to observe their passage.”

TEST YOUR STRESS

TAKE THE STRESS TEST TO TEST THE STRESS IN YOUR LIFE

TEST BASED ON THE PERCEIVED STRESS SCALE (PSS)

To book, email sandra.potesta@rlnyh.com