

# What can mindfulness do for me?



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The practice of Mindfulness can help us optimise our ability to handle life's unavoidable difficulties. Mindfulness is about knowing what is going on inside and outside ourselves. We can become more aware of the present moment by noticing the sights, smells, sounds and tastes that we experience, as well as the thoughts and feelings that occur.

Mindfulness doesn't start by trying to change or fix something. It is about allowing ourselves to become more aware of the present moment and to be non-judgemental rather than dwelling in the past and therefore projecting this negativity into the future.

So where did Mindfulness originate from? The practice was taught by the Buddha, a title that means "awakened one." However, in 1944, Jon Kabat-Zinn was born. He became a Professor of Medicine Emeritus and creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine. His practice of yoga and studies with Buddhist teachers led him to integrate their teachings with those of science.



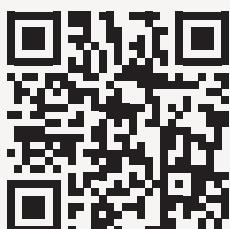
There are many benefits to Mindfulness, it can help us reach new and different depths in our understanding of ourselves. Mindfulness exercises are ways of paying attention to the here and now, using techniques like meditation, breathing and yoga. The benefits of this can include:

- Having more balance and resilience
- Learning the distinction between you and your thoughts
- Becoming less disturbed by and less reactive to unpleasant experiences and emotions
- Increasing self-awareness
- Learning that everything changes; that thoughts and feelings come and go
- Having more direct contact with the world, rather than living through your thoughts

The practice of Mindfulness doesn't necessarily always mean meditation, breathing or yoga, it can also be practiced by enjoying one of the following:

- Connecting and building relationships with the people around you
- Becoming more active. Take a walk, go cycling, have a game of football with the kids
- Keep learning new skills, experience a sense of achievement and build a new confidence.
- Giving to others. Even the smallest act can count, whether it's a smile or a kind word.

By being mindful you can become more aware of the present moment, including your feelings and thoughts, your body and the world around you. Start today and experience a stress free you!



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