

MINDFULNESS: RESTING IN STILLNESS!

With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in that moment...Nhat Hanh

WHAT TO KNOW!

- ❖ Mindfulness can be described as the **intentional, non-judgmental** and **accepting** focus on the sensations, thoughts, and feelings that occur in the **present moment**
- ❖ Originating in Eastern mediation practices, mindfulness is the purposeful bringing of one's attention to the experience of the present in the moment
- ❖ Mindfulness requires training and practice to tune out distractions and mental wanderings in order to experience the moment in its entirety
- ❖ While life happens in the present, often we are thinking about events from the past or what we need to do in the future; consequently our thoughts control us
- ❖ Mindfulness teaches that in order to feel more in control of our minds and lives, we need to stop doing and focus on just being... "to rest in stillness"
- ❖ Mindfulness focuses the brain on what is being sensed at each moment instead of thinking about the past or what might happen in the future
- ❖ You can become mindful at any moment, even now reading this, by paying attention and observing your immediate experience
- ❖ Mindfulness has become very popular in psychology and medicine to alleviate anxiety, depression, obsessive-compulsive disorder, drug addiction, and relationship conflict
- ❖ In 1979, Jon Kabat-Zin founded a mindfulness program at UMass to treat the chronically ill and reduce pain
- ❖ Mindfulness has been shown to relieve stress, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties
- ❖ To be mindful, you just be... you become an observer of your thoughts from moment to moment without judging them, you live in the moment, you experience
- ❖ Mindful people tend to be happier, more empathetic, less anxious, more at peace, have higher self esteem, and are more self accepting; they argue less, are more accommodating, and are not as defensive
- ❖ Mindfulness programs are widely used in schools, prisons, hospitals, veterans centers , businesses, and substance abuse programs

WHAT TO DO!

- ❖ Mindful meditation practice is simple:
 - ❖ Sit cross legged with eyes closed on a cushion or a chair with a straight back
 - ❖ Focus attention on the movement of your abdomen as you breathe in and out
 - ❖ Be aware of the breath as it goes in and out of the nostrils
 - ❖ Return to focusing on breathing as your mind wanders
 - ❖ Accept that one's mind wanders in an accepting non-judgmental way
 - ❖ Awareness of one's breathing can be extended to awareness of thoughts, feelings, and actions
- ❖ Other techniques include noticing body sensations and letting them pass, noticing sights, sounds, smells, tastes, and touches without judgment, and noticing emotions and accepting them without judgment
- ❖ Seek professional help to learn to be mindful

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@KimmelPsychology.com**

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