



VIDA PSYCHOLOGY'S INTRODUCTION TO

mindfulness

AND ITS BENEFITS FOR MENTAL HEALTH.

IT SEEMS THAT EVERYWHERE YOU TURN AT THE MOMENT YOU HEAR THE TERM “MINDFULNESS” BUT WHAT DOES IT REALLY MEAN AND HOW CAN IT HELP?

Mindfulness is about learning to tune into the present moment to deepen our sense of well being and to get the most out of life. We learn to do this with an attitude of openness and acceptance of our experience, whatever that may be.

You probably have experienced Mindfulness in your life already: being engaged in a meaningful conversation with a friend, being in nature, all the times in your life when you have been truly invested in your experience. Unfortunately this is not our usual mode of operation. Often we are caught up in our ‘busy’ minds, either thinking about the past (which we

cannot change) or worrying about the future (which often may not happen). This takes us away from being truly ‘present’ in each moment. It takes us away from loved ones, can make us miss deadlines at work and can cause unnecessary stress.

Learning to be ‘mindful’ takes practice, we need to train our mind to be more present. The science backs this up. The more we repeat action, including deliberately bringing the mind back to the present moment when we notice it has wandered, we create new neural pathways in our brains. Over time, this makes it easier for us to be present in whatever we are doing. Imagine the benefits in the workplace and in personal relationships if we were able to pay more attention.



Learning to be MINDFUL TAKES PRACTICE.

This is where a qualified Mindfulness professional can help, by providing the support and skills you need to increase your ability to be more mindful and present in your everyday life.

If you would like to learn more about how mindfulness can improve your wellbeing, please contact Vida Psychology to make an appointment with one of our trained professionals.



This introduction to Mindfulness was written by Vida Psychologist Melanie Turner.

Melanie is accredited to run the MBSR (Mindfulness Based Stress Reduction) and MBCT (Mindfulness Based Cognitive Therapy) programs that address clients with depression, anxiety & stress.



STOP: AN EXERCISE TO TRY AT HOME.

S – stop what you are doing, put things down for a moment

T – take a few deep breaths (if you have time, follow the breath in and out for a minute, even saying “breathing in, breathing out” if it helps your concentration.

O – observe this experience just as it is, noticing thoughts, feelings and emotions that come up. You may even notice sensations in the body (aches, pains etc).

P – proceed with something that makes you feel supported in this moment, coffee with a friend, taking a walk etc.

See if you can view this as a little experiment and be curious about your experience. If you wish you could use this technique multiple times throughout the day. Give yourself this opportunity to pause and step out of the automaticity of your daily life.