

Mindfulness Basics

1. What is mindfulness?

- moment-by-moment non-judgmental awareness of thoughts, feelings, sensations and context
- “paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally” (Jon Kabat-Zinn)

2. How can we develop mindfulness?

- Mindful Breathing
- Body Scan
- Mindful Sitting
- Mindful Walking
- Mindful Movements
- Mindful Eating

3. What are the benefits of mindfulness?

- Increased awareness and concentration
- A quieter mind
- More effective coping with stressful situations
- Increased ability to relax
- Greater energy and enthusiasm for life
- Improved self-esteem
- Reduced pain levels
- Enhanced ability to cope with pain that may not go away.
- Improved children’s attention span
- Decreased depression relapse

•

4. Where can we find mindfulness in the mainstream?

- Government – *Mindful Nation UK*
- Mental health care
- Universities
- Schools
- Private industry
- Justice system

•

5. How can we apply mindfulness in daily life?

- Doing one thing at a time and giving it our full attention
- Scheduling some brief breath breaks into the day
- Practicing sustained mindful breathing
- Paying attention to what you are eating and really enjoying the food
- Organizing a quiet period during the day
- Calming any anger by mindful breathing and mindful walking

Mindfulness: Finding Peace in a Frantic World by Mark Williams and Danny Penman

[Free meditations from Mindfulness | Mindfulness: Finding Peace in a ...](#)

- franticworld.com/free-meditations-from-mindfulness/
- University of California, San Diego, UCSD Center for Mindfulness

[MBSR Guided Audio & Video Exercises - UC San Diego Health](#)

- <https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

[Free Guided Meditations | UCLA Mindful Awareness Research Center](#)

- marc.ucla.edu/body.cfm?id=22
- Article prepared by Wally Lazaruk, Ph.D. in November 2017