

Information Sheet about Mindfulness

It's about being aware of your thoughts and feelings in the present moment. You should not be judgemental of yourself or others and you should only focus on the here and now.

Recent studies from Oxford University show that the online mindfulness course reduces anxiety by 58%, depression by 57% and stress by 40% (bemindful.co.uk).

Mindfulness is more effective through practice. You can develop mindful skills through practicing different activities and exercises. This will help you learn to connect with and understand your emotions.

Being mindful can help you:-

- Cope with different issues
- Develop your concentration skills
- Emotion management
- Deal with past issues for which emotions are still present
- Look towards a positive future
- Not get distracted
- Understanding the benefits of focus
- Pay attention to what matters
- Not be judgemental
- Identifying your own emotions
- Be more calm and relaxed

You must also understand the physiological changes that happen in your body when you feel a particular emotion. How can you relieve the tension that comes with that emotion? Think about where in your body it is and try to concentrate on that feeling or change.