

Mindfulness is the practice of being fully present in the moment and paying attention to your thoughts and feelings, and to your environment. Human minds are easily distracted, habitually examining past events and trying to anticipate the future, and so learning to practice mindfulness in a way that suspends judgement and self-criticism can have an incredibly positive impact on our lives.



The Benefits of Mindfulness:

- Increases self-awareness
- Improves your mood
- Helps to reduce stress
- Can help relieve the symptoms of anxiety and depression
- Improves emotional regulation
- Contributes to improved physical health

Important Points to Consider:

- Mindfulness may make you feel worse before it can help you feel better.
- You may initially become more aware of things that you find unpleasant – this can be difficult to begin with.
- Mindfulness, as with any other skill, can take practice, and it may not be helpful for everyone.