



# Mindfulness

Myths and Meaning

# Let's get comfy

- Phones on silent
- Coats / bags tucked away
- Let the (new!) chairs take your weight
- Take a few gentle breaths
- Look at the screen – can you see it ok?
- Listen to me – can you hear my voice ok?

# Quiz!

**TRUE**

**FALSE**

Mindfulness is very relaxing

It doesn't matter if your mind wanders when you are practising Mindfulness

Buddhists invented Mindfulness

I find it impossible to empty my mind so I can't do Mindfulness

There is such a thing as "Mindful washing up"

Ideally you need a quiet, dark room to practise Mindfulness

If you still feel anxious after doing Mindfulness then you haven't done it right

# Let's try being Mindful . . .

- Whatever you think about this – that's ok!
- You can join in, or just sit back and observe
- You don't have to change position, say anything out loud, or even close your eyes



**Past**

**Present**

**Future**

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How was that?

# mind·ful·ness

[ˈmʌɪn(d)fʊlnəs]

## NOUN

1. the quality or state of being conscious or aware of something:

*"their mindfulness of the wider cinematic tradition"*

2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

# Mindfulness is . . .

Being “present” . . .

. . . choosing to be aware of where we  
are and what we are doing . . .

. . . letting our thoughts, feelings and  
body sensations come and go . . .

. . . without getting caught up  
them, fighting them



# Answers!

Mindfulness is very relaxing

**FALSE**

It doesn't matter if your mind wanders when you are practising Mindfulness

**TRUE**

Buddhists invented Mindfulness

**TRUE**

I find it impossible to empty my mind so I can't do Mindfulness

**FALSE**

There is such a thing as "Mindful Washing up"

**TRUE**

Ideally you need a quiet, dark room to practise Mindfulness

**FALSE**

If you still feel anxious after doing Mindfulness then you haven't done it right

**FALSE**

# Did you notice . . .

- Phones on silent
- Coats / bags tucked away
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# Why be Mindful?

- Practising mindfulness *can* help with low mood, anxiety and stress
  - Research backs this up
- Like anything, it doesn't help everyone; and not everyone likes practising it – that is fine.

# How does Mindfulness help?

- Enjoying daily life more because you are paying it more attention and getting more involved
- Standing back from thoughts can help you notice unhelpful patterns or pitfalls
- Noticing that thoughts are “just thoughts” can help us choose to behave differently (rather than on “autopilot”)

# How can I be more Mindful?

- Practise being mindful on your own
  - Resources at the end of this talk and in the leaflet
- Ask for psychological therapy or counselling that includes elements of mindfulness
  - Mindfulness-based cognitive therapy (MBCT)
  - Acceptance & commitment therapy (ACT)
  - Mindfulness-based stress reduction (MBSR)

# Try it!

- Mindfulness is a way of behaving
- Takes practise
- Can be “mindful” anywhere, any activity or context
- As little as 20 minutes practice a day can be helpful

# What if I just don't like it?

- It's ok
- It's not for everyone
- Hearing voices? Worried that people are watching you?
  - There are better options to help you if you feel this way
- Have a look at other resources on the NHS website

# Where can I find out more?

- NHS website <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>
- Trust leaflet <http://gti/resources/patientinfo/rheumatology/mindfulness.pdf>
- MIND (Charity) website <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>





Any other thoughts?