

# FD Consultants

## Mindfulness

### **The benefits of Mindfulness**

*'Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally'* (John Kabat Zinn).

*'At its most basic it is about becoming familiar with your own mind, learning to be aware, awake and present in each moment of your life; and learning to relate in a completely new way to any difficulties in your life'* (Present Minds).

*'Its central aim is the relief of suffering and the uncovering of our essential nature'* (Saki Santorelli).

*'Research shows that mindfulness helps to stabilise our moods, improve sleep, reduce anxiety, deepen concentration, and improve self-compassion'* (Brown et al. 2007).

*'Research on the benefits of mindfulness in the workplace demonstrated increased job performance, job satisfaction, improved work-life balance, and enhanced focus & concentration'* (Rebb & Atkins 2015).

*'What flows through your mind sculpts your brain. Thus you can use your mind to change your brain for the better – which will benefit your whole being'* (Dr Rick Hanson).

*'The real voyage of discovery consists not in seeking new landscapes, but in having new eyes'* (Marcel Proust).

### **CALMER - Acronym for the benefits of mindfulness (Dunkley,2018)**

- **C**ompassion - *reducing negative berating thinking and becoming kinder towards ourselves*
- **A**wareness - *increasing our awareness and being able to see the bigger picture*
- **L**ucid – *seeing things with clarity and openness and communicating our truth*
- **M**easured – *considered in our response and able to be the observer of our actions*
- **E**mpowered – *connecting to our personal power and prioritising our self-care*
- **R**esponsive - *becoming more responsive and considered in our actions rather than reactive*

### **Further Reading**

- Kabat Zinn, J.(2005) Coming to our Senses: Healing Ourselves and the World through Mindfulness, Hyperion Press. U.S.A.
- Brantley, J. (2003) Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic, Second Edition. New Harbinger Publications. U. S.
- Present Minds – [www.presentminds.org/about-present-minds/](http://www.presentminds.org/about-present-minds/)
- Breathworks - [www.breathworks-mindfulness.co.uk](http://www.breathworks-mindfulness.co.uk)
- Mindfully Happy - [www.mindfullyhappy.com](http://www.mindfullyhappy.com)
- Penman, D & Williams, M (2011). Mindfulness: a practical guide to finding a peace in a frantic world. Piatkus. U.K.
- Siegel, S (2011). Mindsight: Transform Your Brain with the New Science of Kindness. OneWorld Publications. U. K.