

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/
- Breathworks - www.breathworks-mindfulness.co.uk
- Mindfully Happy - 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.