



## Mindfulness: Overview

Mindfulness is ... the awareness that arises from paying attention, on purpose, in the present moment, non judgmentally.

Jon Kabat-Zinn, *Coming to Our Senses* (2005)

### Learning and Practicing Mindfulness with Meditation Can Help Us:

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| <ul style="list-style-type: none"> <li>• Boost positive feelings</li> <li>• Enjoy pleasant experiences in daily life</li> <li>• Reduce stress, anxiety and depression</li> </ul> | <ul style="list-style-type: none"> <li>• Notice what is happening inside us (thoughts, feelings &amp; sensations)</li> <li>• Notice what is happening around us (sights, smells, touches &amp; sounds)</li> </ul> |
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#### Benefits

Benefits from practicing mindfulness may include:

- Improved sleep
- Coping with stress and traumatic experiences
- Allowing you to be more connected with your baby

#### Mindfulness & Stress

During times of increased overwhelm, worry, and fear people tend to experience more stress and anxiety.

Numerous rigorous studies have found that practicing mindfulness and meditation helps reduce stress.

A recent study has shown that practicing mindfulness has helped people experiencing stress related to the Covid-19 pandemic - arguably one of the most stressful experiences in recent history.

C. Behan Irish Journal of Psychological Medicine. Cambridge, (2020).