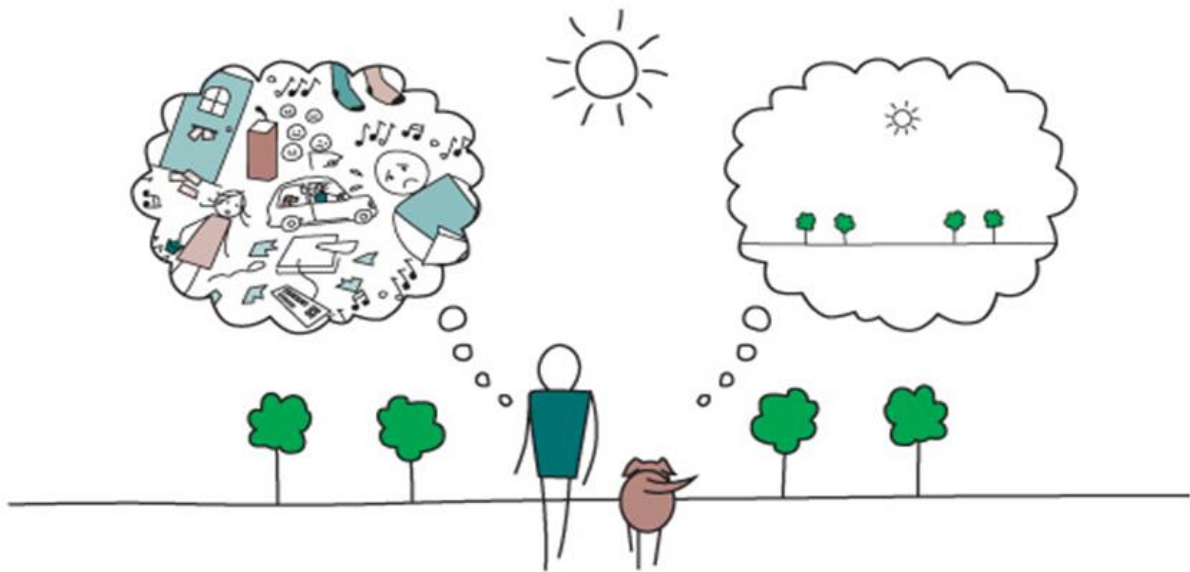




**THE MATER**  
WELLBEING CENTRE

## What is Mindfulness?



Mind Full, or Mindful?

**What is mindfulness?** Mindfulness means paying attention in a particular way...on purpose...in the present moment...and non-judgmentally. *–Jon Kabat-Zinn*

Mindfulness practice helps us to connect with our daily lives moment to moment. In doing this we become more able to draw on our inner resources to cope with the stresses and demands of life. As we develop our awareness through breathing exercises we become more aware of ourselves in action and the choices we have. We often have more choice in how we respond to the stresses and demands of the world around us or indeed to our own inner thoughts.

Mindfulness practice has grown out of traditional meditation practices in the East. It developed into non-religious practice in the West when it was introduced into health care settings for stress management and chronic pain by Jon Kabat-Zinn.

There is a lot of research to show how mindfulness can benefit us physically, mentally and emotionally.

## Through regular practice of breathing exercises people

- ▶ can improve their concentration and awareness of their thoughts and feelings and body,
- ▶ have more awareness of 'being' rather than being pulled into 'doing' mode
- ▶ get better at letting go of unhelpful thoughts

Regular practice is the key to becoming more mindful and to develop the 'mindful muscle' in our brains. We hope you can try out some of these exercises here and you may find further resources on [www.mindfulness.ie](http://www.mindfulness.ie) or [www.franticworld.com](http://www.franticworld.com).

## Helpful apps

**Calm, Buddify, Headspace, 10% happier, or Stop, Breathe and Think for Kids** to help with mindfulness skills.



## Book recommendations

- ▶ **The Mindful Way Workbook** by John Teasdale, Mark Williams and Zindel Segal
- ▶ **Mindfulness for Health : A practical guide to relieving pain, reducing stress and restoring wellbeing** by V. Burch and D. Penman
- ▶ **A practical guide to finding peace in a frantic world** by M. Williams and D. Penman
- ▶ **Full Catastrophe Living and Coming to Our Senses** by Jon Kabat-Zinn
- ▶ **Peace is Every Breath and The Miracle of Mindfulness** by Thich Nhat Hanh



**THE MATER**  
WELLBEING CENTRE

**CONTACT US**

**Mater Misericordiae University Hospital**

Dept of Psychology • 63 Eccles Street • Dublin 7

✉ [psychology@mater.ie](mailto:psychology@mater.ie) • ☎ 01-854 5439