



**Nightingale House Hospice**  
Hospis Ty'r Eos

# Mindfulness



# Agenda

- What it is not!
- What is it then?
- Definition
- How can it help?
- What do you actually do?



# What it is not!

- Buddhism or any other religious technique
- A form of relaxation
- Positive thinking
- Entering a trance like state
- Emptying your mind



# What is it?

- A technique to help you to live life
- Practical skills
- Learning to be more aware of our thoughts and feelings – to undo the knots
- Taught by a short course of 6 – 8 weeks, 1 session each week



# Definition

“... the awareness that emerges through paying attention on purpose, in the present moment, and non-judgementally to the unfolding of experience moment by moment.”

Jon Kabat-Zinn (2003)



# How can it help?

- Give you conscious control back
- Help to cope with situations you cannot control
- Improve your resilience



# What do you actually do?

- Focus
- Breathe
- Stop your mind playing ‘what happens next’
- Practice makes perfect!
  - Sitting
  - Body scan
  - Movement
  - Breathing space



# What to do next?

- [www.bangor.ac.uk/mindfulness](http://www.bangor.ac.uk/mindfulness)
- [www.bemindfulonline.com](http://www.bemindfulonline.com)
- [www.mbct.co.uk](http://www.mbct.co.uk)
- [www.mbsr.co.uk](http://www.mbsr.co.uk)
- [oxfordmindfulness.org](http://oxfordmindfulness.org)
- Kabat-Zinn, Jon (1990) Full Catastrophe Living
- Kabat-Zinn, Jon (1994) Mindfulness Meditations in Everyday Life
- Segal, Zindel; Williams, Mark; Teasdale, John (2002) Mindfulness – Based Cognitive Therapy for Depression
- Thich Nhat Hanh (1991) The Miracle of Mindfulness
- Williams, Mark; Teasdale, John; Segal, Zindel; and Kabat-Zinn, Jon (2007) The Mindful Way through Depression