

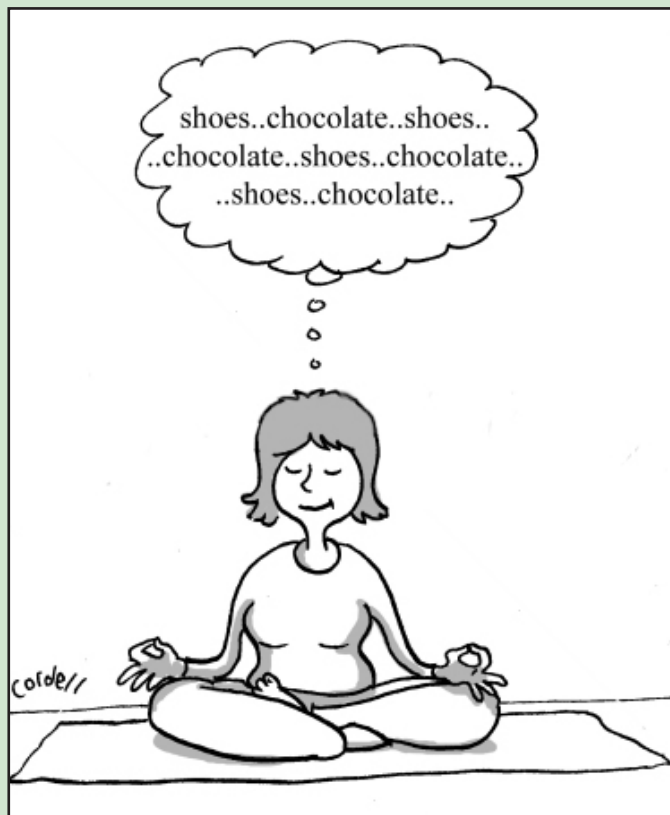
Words of Wellness

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MIND: MINDFULNESS

By Lori Purvis, Joy Hanson, Lisa Doucette and Carolyn Moore-Jenkins, and Eileen Anderson, NBTA.

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in happiness.



Key Points

Practicing mindfulness improves both mental and physical health.

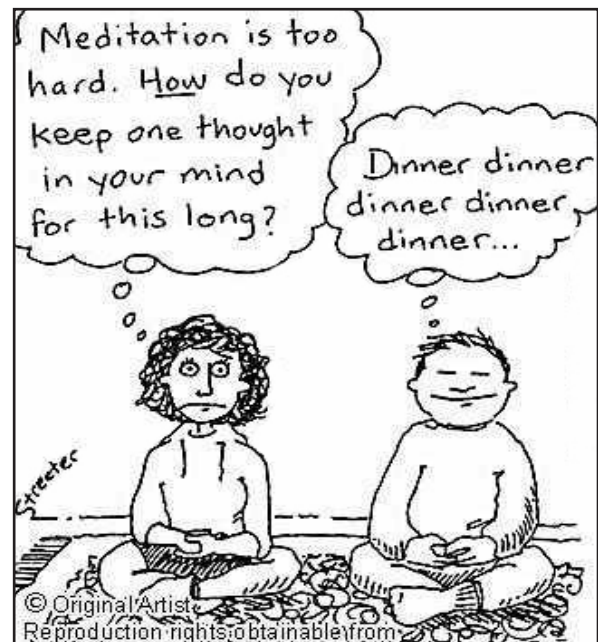
- Mindfulness involves both concentration (a form of meditation) and acceptance. Deliberately pay attention to thoughts and sensations without judgment.
- It takes practice to become comfortable with mindfulness techniques. If one method doesn't work for you, try another.

Mindfulness improves Well being

- supports many attitudes that contribute to a satisfied life.
- By allowing you to savor the pleasures in life as they occur
- better able to form deep connections with others and worry less.

Mindfulness improves physical health

- help relieve stress
- treat heart disease
- lower blood pressure
- reduce chronic pain
- improve sleep
- alleviate gastrointestinal difficulties



Mindfulness improves mental health

In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including:

- depression
- substance abuse
- eating disorders
- couples' conflicts
- anxiety disorders
- obsessive-compulsive disorder



Mindfulness Techniques

- Sit quietly and focus on your natural breathing or on a word or "mantra" that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath or mantra.
- Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.