

UNDERSTANDING MINDFULNESS!

If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher...Pema Chodron

WHAT TO KNOW!

- ❖ Mindfulness involves a focused awareness of the present in which each thought, feeling, or sensation is acknowledged and accepted as it is
- ❖ Mindfulness has increased in popularity as an antidote to our modern distracting electronic addictive world of smartphones, texting, computers, television, etc.
- ❖ It is often perceived as involving two steps: conscious awareness and maintaining open, curious, and experiential attitudes
- ❖ Mindfulness is not a religious doctrine although research has shown that Buddhist techniques have alleviated anxiety, stress, and depression
- ❖ Mindfulness represents a different approach to mental health; we can improve our lives by learning to quiet the mind and training oneself to give up bad habits
- ❖ Current research indicates that mindfulness has been helpful in the treatment of pain, stress, anxiety, depression, eating disorders, and addictions.
- ❖ Mindfulness is also believed to improve the immune system, increase positive feelings, and help to recover faster from negative experiences.
- ❖ Mindfulness increases your awareness of how you react to events around you
- ❖ Mindfulness practices include meditation; the simplest form of which is just to focus your attention on your breaths
- ❖ Through mindfulness, we can choose to regulate our moods, change our emotions, and increase our cognitive capabilities
- ❖ Faithful meditation is caring for oneself: it includes making time and putting effort into improving one's self-being and allows for a feeling of kindness to others
- ❖ Like getting physically fit, some view mindfulness as getting mentally fit through meditation
- ❖ Being mindful also allows you to think before you act thus increasing self control
- ❖ A study at the University of California at San Francisco found that schoolteachers who meditated less than 30 minutes a day improved their moods as much as if they had taken antidepressants
- ❖ You can practice mindfulness by focusing on your immediate experience, what is happening right now, and observing that moment. Attend to what is seen, heard, smelled, and felt. Experience it but do not judge it.
- ❖ Another practice is to focus on your senses; close your eyes and list all the smells you notice and all the sounds you hear. Then open your eyes and list all that you see. Appreciate what you have experienced.
- ❖ When given time, such as waiting on line, take that time to mindfully breathe in and out

WHAT TO DO!

- ❖ Pay attention to and savor every detail of the moment to increase your awareness
- ❖ Focus on the present not the future to stop worrying
- ❖ Stop thinking and overthinking about your performance and it will improve
- ❖ Attending to the moment decreases anger and aggressive impulses
- ❖ Become totally absorbed in the moment and it will reduce time pressures
- ❖ Accept the present and move towards, not away, from resolving problems
- ❖ Seek professional help if you have difficulty with meditation or focusing your mind

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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