

Mindfulness

what is it and how to learn it?

Mindfulness is the study of your own mind

Mindfulness is paying attention (awareness), to what arises (allowing), in the present moment (here and now), without judgement (objective and curious).

Common mindfulness myths

Mindfulness is not a way to relax.

During mindfulness practice you will feel uncomfortable, experience unrest, have unpleasant thoughts and learn unsettling things about yourself.

Mindfulness is not a quick fix.

It's a complex skill, that requires sustained daily practice (10 mins minimum). Just like physical fitness.

Mindfulness is not an escape

Mindfulness is not a state of calm where you leave all the stress behind. Mindfulness practice creates awareness around issues that most need our attention. These are commonly areas of emotional pain we've been avoiding.

Mindfulness is not the answer to all Mental Health conditions

Mindfulness is not a recommended frontline treatment for mental health conditions, though it is part of Mindfulness Based Cognitive Therapies.

What is mindfulness for?

Put simply - self understanding. To understand and investigate your own mind. With understanding comes freedom and growth. Freedom from the thinking patterns that may not serve us (unhelpful cycles and stories we tell ourselves). Mindfulness may help prevent psychological problems and stress. It is an important element in existing cognitive treatments for depression, anxiety, pain, addiction. It may also be helpful for relationships, parenting, sleep, general mental functioning and wellbeing.

How do you learn it? Just do it!

What to Do? Pay attention; Notice; Observe; Be aware

How to do it? with curiosity; without judgement; without striving for a 'goal'; with kindness

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Or try an app to help you practice

