

MINDFULNESS



Mindfulness is a state of being in awareness and paying attention to the present moment without judgement. One notices what is happening and responds through choice rather than being driven by habitual reactions.

Mindfulness involves focusing attention on the present moment, this focused attention induces structural changes in the brain that may be linked to enhanced neuroplasticity. Mindfulness encourages the integration of different brain regions and networks, contributing to the flexibility and adaptability of neural connections.

BENEFITS OF MINDFULNESS

There is published scientific evidence that mindfulness can assist with:

- Stress reduction
- Clarity and focus
- Greater resilience
- Enhanced creativity
- Improved health and wellbeing
- Greater confidence and self-esteem
- Ability to have better quality sleep
- Reduced anxiety and depression
- Memory enhancement
- Intuitive ability
- Pain reduction

Incorporating mindfulness into daily life helps build resilience, improves self-compassion, and fosters a deeper connection with oneself and the world. Overall, it can lead to greater well-being and a more balanced, peaceful state of mind.