

# ESSENTIAL INFORMATION

## Mindfulness



### What is mindfulness?

*“Mindfulness is about observation without criticism; being compassionate with yourself. When unhappiness or stress hover overhead, rather than taking it all personally, you learn to treat them as if they were black clouds in the sky, and to observe them with friendly curiosity as they drift past. In essence, mindfulness allows you to catch negative thought patterns before they tip you into a downward spiral. It begins the process of putting you back in control of your life.”*

Source: Penman D (2015) Mindfulness: Finding Peace in a Frantic World

To summarize, mindfulness practice involves paying attention to the present moment by using simple meditation and breathing techniques that enable awareness of thoughts, feelings and bodily sensations so that you can learn how to respond wisely to things happening to you rather than just acting blindly.

### What are the benefits of practicing mindfulness?



Reduction of anxiety level, stress level, depression level and exhaustion.



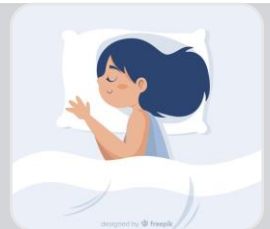
Improves working memory, creativity, attention span and reaction speeds.



Enhanced brain function.



Improves the immune system, heart and circulatory health.



Improves sleep quality

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### How does mindfulness work?


Our brain is constantly growing and developing to adapt in everyday experiences, not just life changing ones. Mindfulness exercises brings positive changes to different brain regions that are related to memory, emotion regulation and cognition through awareness. Through practicing mindfulness techniques regularly, we can train to brain to change unhelpful thinking patterns and behaviours to respond to events rather than reacting to it.

To understand the neuroscience behind mindfulness, click and watch the videos below:



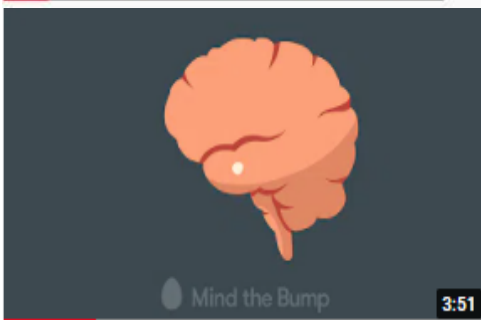
The Neuroscience of Mindfulness - What exactly happens to your brain when you meditate.

11K views • 8 months ago

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Mind the Bump - Mindfulness and how the brain works

482K views • 5 years ago

 Smiling Mind

Learn about the brain and the importance of Mindfulness Meditation. For more information please visit: [www.mindthebump.org.au](http://www.mindthebump.org.au).

### How to practice mindfulness?

There are a few ways to practice mindfulness, some but not all are listed as below.

- 1) **Meditation**:-There are many excellent apps, audio files and videos online that you can use to guide you in your meditation – have a listen to a number as it is important to find the right voice in order for you to relax and feel comfortable listening. Below are some vidoes of guided meditation that you may use to practice mindfulness.



5-Minute Meditation You Can Do Anywhere

5.8M views • 1 year ago

 Goodful ✓

In just 5 minutes you can reset your day in a positive way. Special thanks to John Davisi for lending us his incredibly soothing ...

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10 Minute Guided Meditation for Becoming More Mindful.

187K views • 2 months ago

 Great Meditation

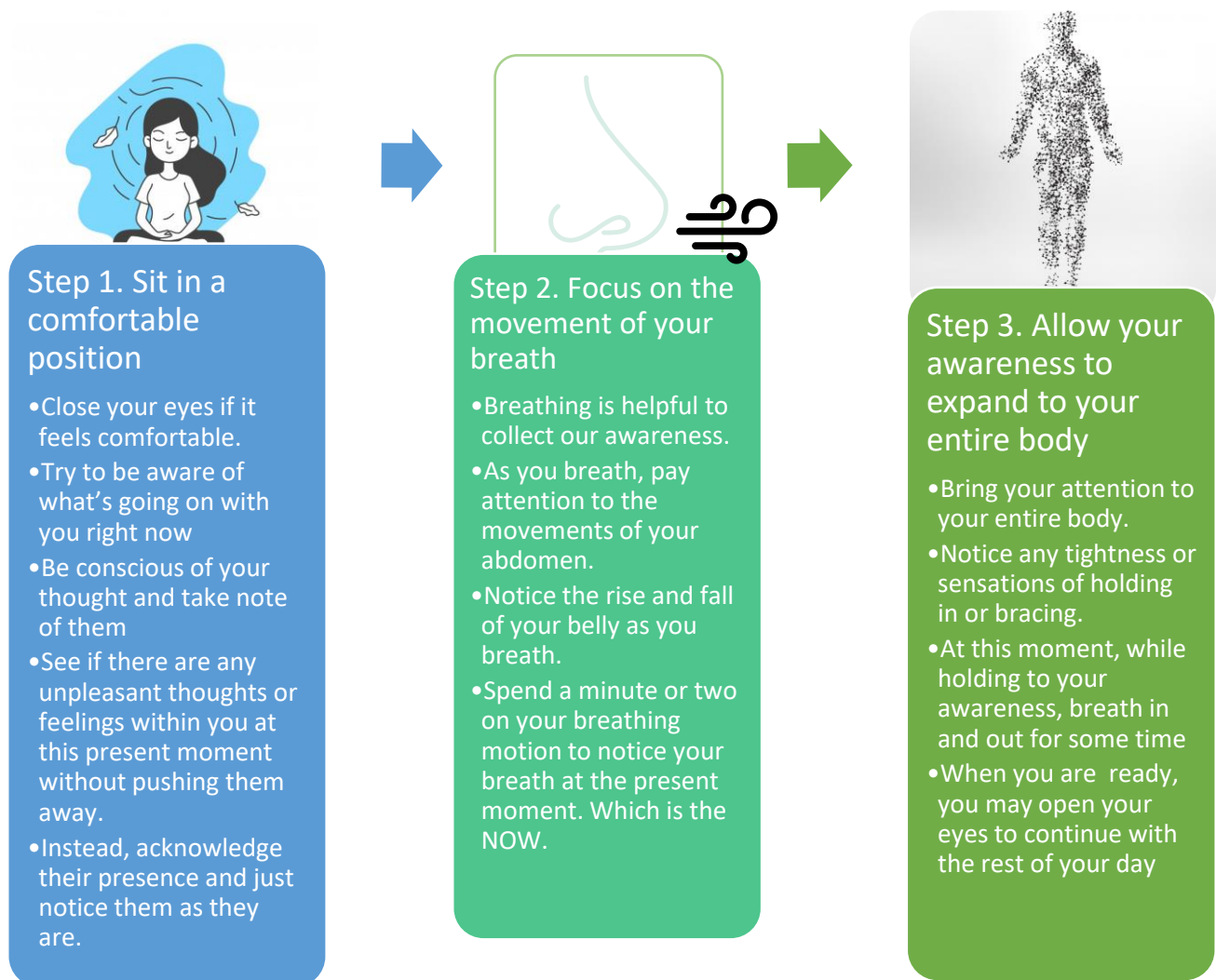
This 10 minute guided mindfulness meditation will allow you to slow down and really become aware of the present moment.

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### How to practice mindfulness?

#### 2) The Three Minute Breathing Space Technique:-



- 3) **Pay attention to everyday activities:-**another way to practice mindfulness is to pay attention to everyday activities such as brushing your teeth, doing the washing up or eating. For example, how often do you eat a bar of chocolate or packet of crisps and get almost to the end without feeling satiated, or that you couldn't remember having eating it all? Paying attention to each mouthful can help not only increase your enjoyment of your food, but also by eating mindfully, you might also find that you are less inclined to 'mindless' grazing . You may like to try out "The Chocolate Meditation" as instructed on the next page.

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### How to practice mindfulness?

#### 3) Pay attention to everyday activities:-

#### The Chocolate Meditation



The chocolate meditation method to mindfulness is one of the most palatable form of meditation and could be used as a start for beginners. Below are the steps on how you could practice mindfulness with one small piece of chocolate.



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### Additional resources on mindfulness

- [www.mindfulnessforstudents.co.uk](http://www.mindfulnessforstudents.co.uk)
- [www.franticworld.com](http://www.franticworld.com)
- [www.bemindful.co.uk](http://www.bemindful.co.uk)
- **UoRM Counselling Service:** Email: [ruok@reading.edu.my](mailto:ruok@reading.edu.my) or telephone: **0162084012**

