

MINDFULNESS

Mindfulness is the act of concentrating on your breathing, being aware of your breath and being aware of the present moment in a non-judgemental way, just observing each moment as it arises and allowing yourself to just 'be' in the here and now.

Although Mindfulness pre-dates Buddhism and is practised as part of Yoga and Tai Chi it is not a part of any religion. There has been over 35 years of Mindfulness Research conducted in the West by various practitioners, including Jon Kabat-Zinn, who was and still is at the forefront of introducing Mindfulness into modern society. Mindfulness in Education has been proven to make a positive difference.

Mindfulness helps to..

- Enhance focus and concentration
- Reduce stress, anxiety and worries. Also helps you to deal and cope with past/future worries
- Appreciate your 'happy' emotions and deal with any 'sad' emotions
- Calm the mind
- Stop you from reacting too quickly if something/someone 'bothers' you, helps you to develop patience and understanding
- Encourages compassion and kindness to yourself and to others
- It has been scientifically proven to promote well being
- Encourages the use of your 5 senses so to make you feel fully alive and awake, right here right now in your one amazing and beautiful life!

"You can't stop the waves, but you can learn how to surf." *Jon Kabat-Zinn*



Strive to Focus on the present