

Benefits of Mindfulness

Being mindful means paying close attention to what's happening in the moment, being present.

This means noticing what's happening inside your mind and in your body as well as what is happening around you in your environment.

When being in this state of mindfulness, you do not judge what's happening, your feelings are not good nor bad, they are just feelings. You are allowing your self to just be, mind and body without reacting emotionally.

It takes time and practice to become mindful. However, it is worth the effort as it allows that mind to slow down which helps ease anxiety and improve your mood.

How about you give it a shot with some of the uploaded guided practices here, or join the next available introduction class...

Research shows that mindfulness can;

- Improve mood and quality of life
- Improve the ability to concentrate and focus
- Manage pain with less reactivity
- Lower blood pressure
- Increase efficiency
- Enhance the ability to manage stress
- Reduce addictive and self-destructive behaviour
- Improve immune functioning
- Develop greater self-awareness and body awareness
- Support growth of confidence and self esteem
- Reduce anxiety, tension, low mood and depression
- Support greater communication

- Improve sleep
- Increase a sense of energy and vitality
- Improve psychological and physical well-being