

The practice of purposely focusing our attention on the present moment

Learning how to focus our attention and manage our thoughts enables us to exercise and strengthen our mental and emotional capabilities.

Mindful meditation is like walking into a garden and picking one flower, focusing our attention on it – the colour, the shape, the smell, the stem, the form it takes, the way it is positioned. As we immerse ourselves in this one activity our mind becomes free of other distractions and we enter a state of focused absorption.

Learning how to focus our attention and manage our thoughts enables us to exercise and strengthen our mental and emotional capabilities. This is a key skill in our modern world and is of critical importance for our long-term wellbeing and on-going performance.

The ability to be present in the moment is a major component of mental wellness.

Abraham Maslow



Image source: Joshua Earle

- ◆ Mindfulness is not about emptying the mind, it is about bringing ourselves to a calm state, one of acceptance without judgement
- ◆ It can be practiced while sitting, walking, or doing daily activities, for example, we can eat mindfully, observing the texture, smell, and taste of each bite of food, giving it our full attention
- ◆ In this way, mindfulness can be integrated into daily life, when talking, walking, listening and/or relating to others
- ◆ Focusing on the here and now, through mindful practice, enables us to avoid being caught up in worries about the future or regrets over the past
- ◆ We become less preoccupied with concerns about success and self-esteem and are better able to form deep connections with others

Mindfulness has been shown to:

Improve our physical health and immune system

- ◆ Activates the rest and digest response
- ◆ Lowers blood pressure
- ◆ Improves sleep (Davidson, R, Kabat-Zinn, J et al, 2003)

Regulate emotion, dialling down the fear response

- ◆ Reducing anxiety disorders
- ◆ Alleviating stress, depression and substance abuse (Forgeard, M, Winner, E et al, 2008)

Strengthen our attention muscles

- ◆ Thickening brain areas associated with attention
- ◆ Improving cognitive strength (Lazar, S, Kerr, C 2005)

Please click the image below to participate in one of ten daily guided mindfulness practices; Mindfulness of Gratitude.



For more in this series visit our [Youtube Channel](#)

