

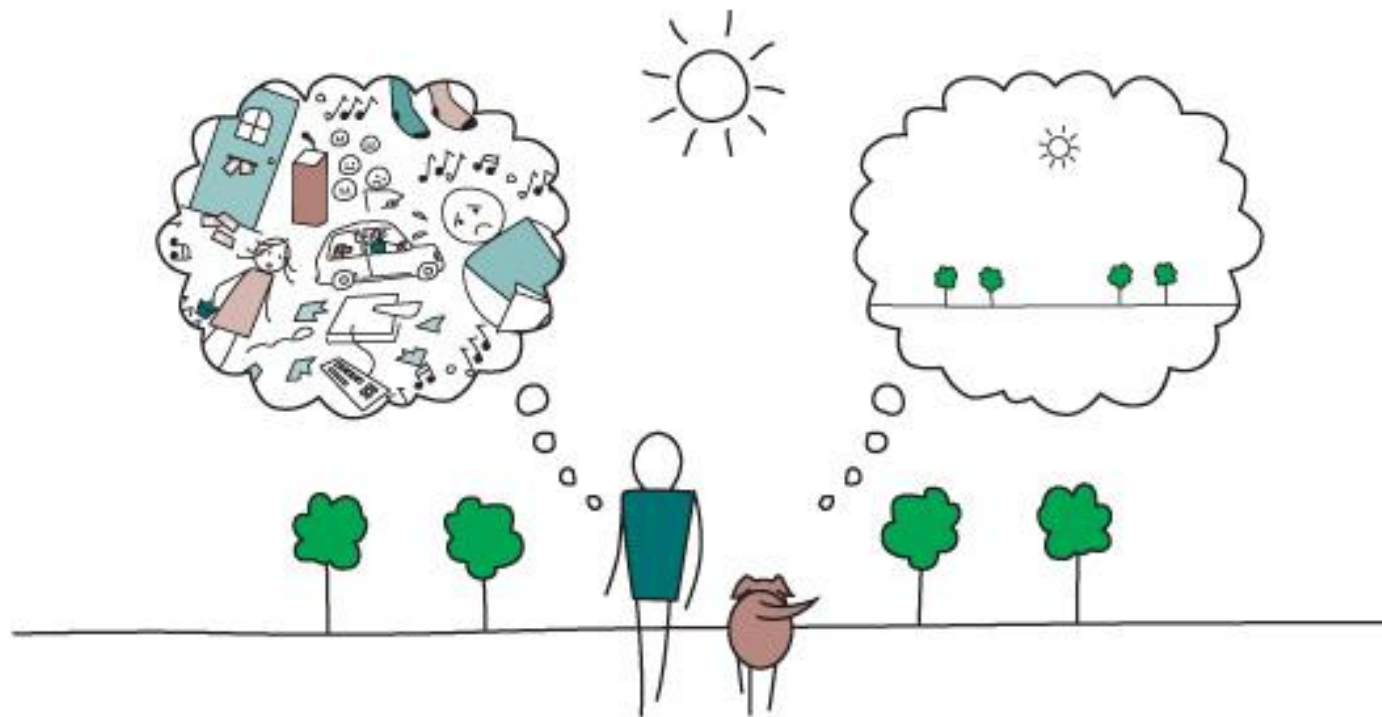


Mindfulness

Aresh Naik

Counselling in Clinical Practice

Antarman



Mind Full, or Mindful?



Mindfulness

Definition

Mindfulness is paying attention, on purpose, in the present, and non-judgementally, to the unfolding of experience moment by moment — Jon Kabat-Zinn.

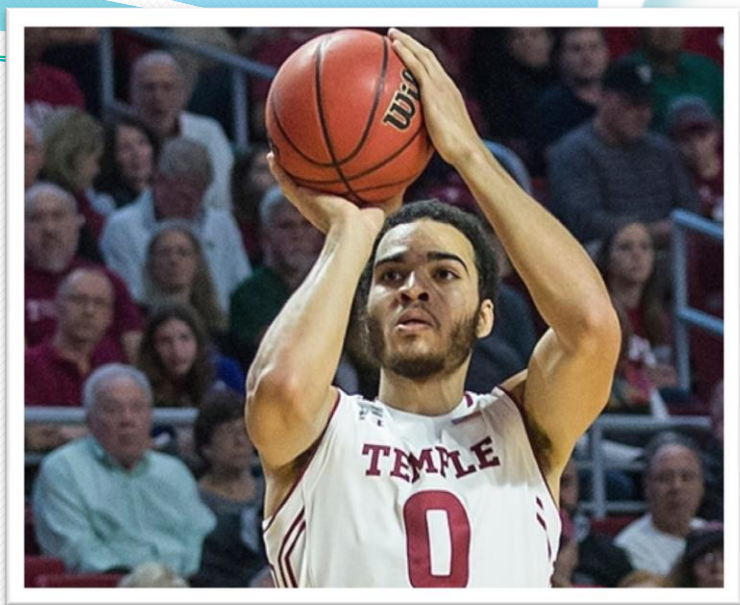
Mindfulness attitudes:

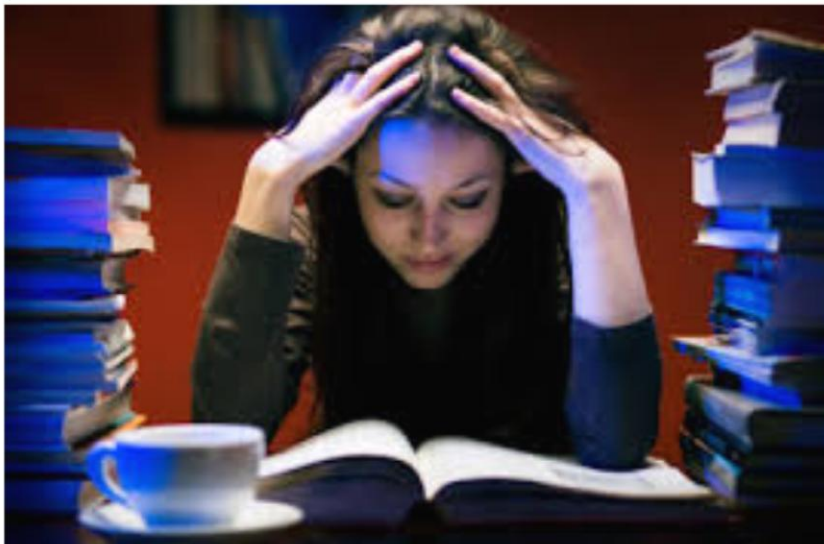
- » Patience
- » Nurturing trust
- » Non-striving
- » Acceptance
- » Letting go

What occupies your attention?

- » The present moment
- » Zoning out
- » Distractions and “multi-tasking”
- » Thinking about the future
- » Thinking about the past








Psychological Inquiry: An International Journal for the
Advancement of Psychological Theory

Volume 18, Issue 4, 2007

 Select Language ▼

Translator disclaimer

Journal for Mindfulness:
Research on the Wellbeing



TARGET ARTICLE

Mindfulness: The
Evidence for its

Australia

Volume

Psychia



Behavior Therapy

Volume 40, Issue 2, June 2009, Pages 142–154



Mindfulness and Emotion Regulation Difficulties in Generalized Anxiety Disorder: Preliminary Evidence for Independent and Overlapping Contributions

Lizabeth Roemer^a,  , Jonathan K. Lee^b, Kristalyn Salters-Pedneault^c, Shannon M. Erisman^a, Susan M. Orsillo^b, Douglas S. Mennin^d

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Psychotherapy
and Psychosomatics

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Vol. 76, No. 4, 2007

Issue release date: June 2007

Section title: Regular Article

Psychother Psychosom 2007;76:226–233
(DOI:10.1159/000101501)

Mindfulness Training as an Intervention for Fibromyalgia: Evidence of Postintervention and 3-Year Follow-Up Benefits in Well-Being

Grossman P.^a, Tiefenthaler-Gilmer U.^b, Raysz A.^c, Kesper U.^d

^aDivision of Psychosomatic Medicine, Department of Internal Medicine, University of Basel Hospital, Basel, Switzerland; ^bPsychological Institute, University of Vienna, Vienna, Austria;

^cPsychological Institute, University of Freiburg, and ^dFreiburg Institute of Mindfulness Research, Freiburg, Germany



Consciousness and Cognition

Volume 19, Issue 2, June 2010, Pages 597–605



Mindfulness meditation improves cognition: Evidence of brief mental training ☆

Fadel Zeidan^a,  , Susan K. Johnson^b, Bruce J. Diamond^c, Zhanna David^b, Paula Goolkasian^b

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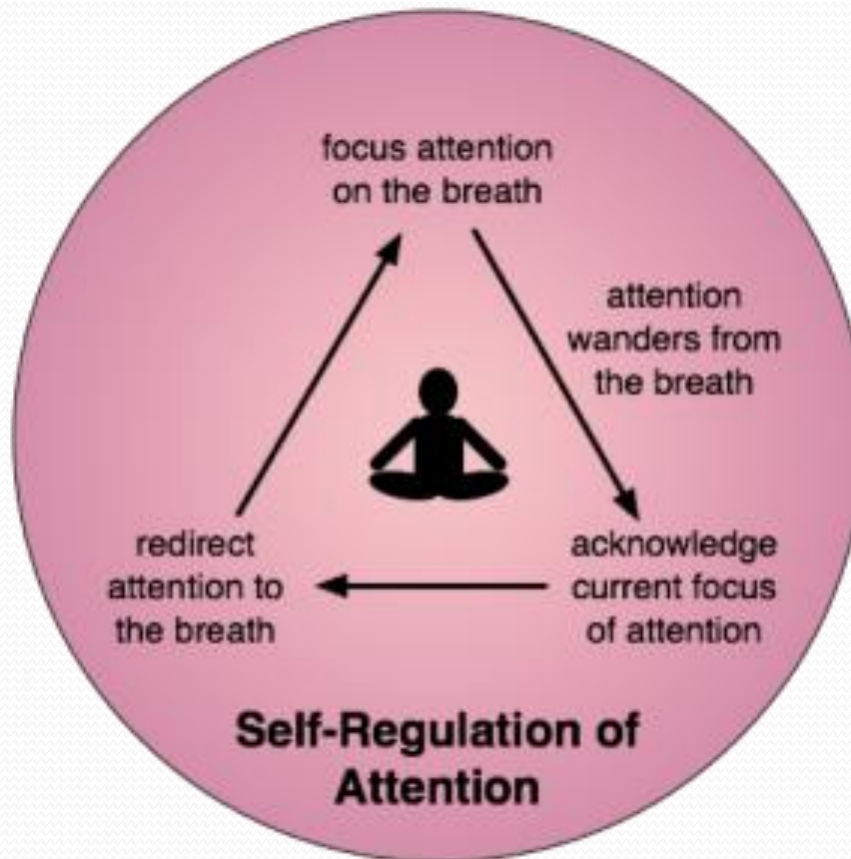


Benefits

- *Improve immune system*
- *Reduce stress, depression & anxiety*
- *Better sleep & control of thoughts*
- *Improve focus, memory & productivity*
- *Positive changes to the structure & activity of the brain*
- *Build resilience, autonomy & emotional control.*
- *Increased awareness of your body, health & environment*



Exercise 1: (10 minutes)





Mindful Eating

www.eatingmindfully.com





- Questions?