

A stack of four dark, smooth, rounded stones is placed on a dark, textured mat. To the left, a branch with several long, green bamboo leaves extends into the frame. The background is a soft, out-of-focus green. The word "MINDFULNESS" is written in a large, black, serif font across the upper middle of the image.

MINDFULNESS

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WHAT IS MINDFULNESS?

Mindfulness is the act of being intensely aware of what you're sensing and feeling at every moment- without interpretation or judgment.

Basically it means paying attention on purpose, non-judgmentally.



BENEFITS

Mindfulness is good for our bodies: A seminal study found that, after just eight weeks of training, practicing mindfulness meditation boosts our immune system's ability to fight off illness.

Mindfulness is good for our minds: Several studies have found that mindfulness increases positive emotions while reducing negative emotions and stress..

Mindfulness changes our brains: Research has found that it increases density of gray matter in brain regions linked to learning, memory, emotion regulation, and empathy.

Mindfulness helps us focus: Studies suggest that mindfulness helps us tune out distractions and improves our memory and attention skills.

Mindfulness fosters compassion and altruism: Research suggests mindfulness training makes us more likely to help someone in need and increases activity in neural networks involved in understanding the suffering of others and regulating emotions. Evidence suggests it might boost self-compassion as well.

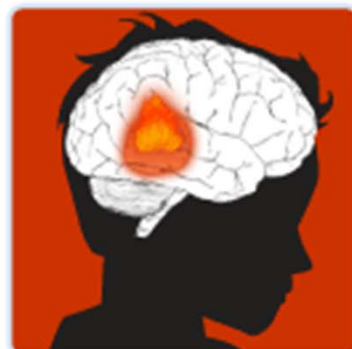
Mindfulness enhances relationships: Research suggests mindfulness training makes couples more satisfied with their relationship, makes each partner feel more optimistic and relaxed, and makes them feel more accepting of and closer to one another.

Mindfulness is good for parents and parents-to-be: Studies suggest it may reduce pregnancy-related anxiety, and depression expectant parents. Parents who practice mindfulness report being happier with their parenting skills and their relationship with their kids, and their kids were found to have better social skills.

Mindfulness helps schools: There's scientific evidence that teaching mindfulness in the classroom reduces behavior problems and aggression among students, and improves their happiness levels and ability to pay attention. Teachers trained in mindfulness also show lower blood pressure, less negative emotion and symptoms of depression, and greater compassion and empathy.

Life today presents:

- A schedule that is too busy
- Pressure to perform
- Too much media
- Lack of face to face relationships
- Increasing anxiety & depression
- A brain that is in a constant state of Fight or Flight



The Result:

- Decreased efficiency
- Problems with attention
- Impulsive behaviors
- Increased depression and anxiety
- Sleep difficulties
- Social struggles

Mindfulness helps develop:

- Increased stimulation in the prefrontal cortex of the brain
- Better focus and concentration
- Compassion
- Increased sense of calm
- An understanding of how our brain works

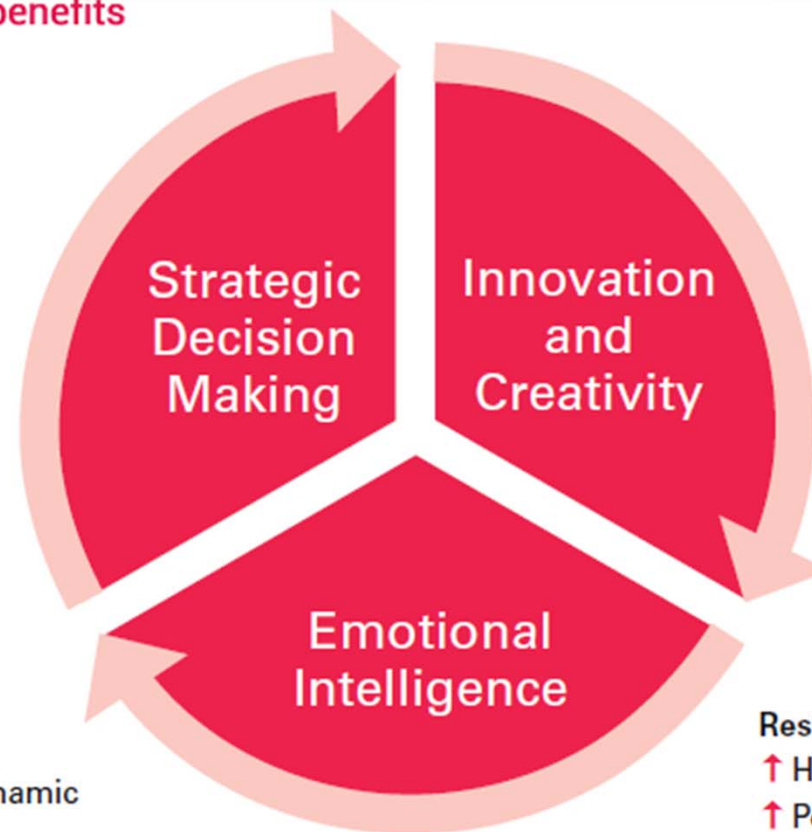


The Result:

- Increased focus and performance
- Skillful response to difficult emotions
- Increased empathy and understanding of others
- Natural conflict resolution skills
- Happier, healthier people who can work and learn efficiently

Summary of benefits

- ↑ Learning
- ↑ Memory
- ↑ Perspective taking
- ↑ Focus on wider agenda
- ↑ Letting go of judgments
- ↓ Rigidity of thinking
- ↓ Focus on personal agenda



- ↑ Lateral thinking
- ↑ Problem solving
- ↑ More ideas
- ↑ Flexibility of thinking
- ↑ Awareness of thinking process used
- ↑ Observation
- ↑ Working memory

Building relationships

- ↑ Awareness of the social dynamic
- ↑ Positive emotions
- ↑ Psychological functioning
- ↑ Self regulation
- ↑ Empathy levels

Resilience

- ↑ Handling difficult emotions
- ↑ Positive outlook
- ↓ Blood pressure
- ↓ Depression

Guided Meditation

