



MINDAWARE CONSULTANCY LTD.

TELEPHONE: 087 680 9428

EMAIL: JOS368@GMAIL.COM

Mindfulness for Health & Wellbeing

Mindfulness

Mindfulness is a way of paying attention to and seeing clearly what is happening in our lives at this moment. This does not eliminate life's pressures or problems, but it can help us respond to them in a calmer manner that benefits us mentally and physically. It helps us to recognise and step away from habitual reactions to everyday events. It provides us with a scientifically researched approach to cultivating clarity, insight, and understanding. Practicing mindfulness allows us to be fully present in our lives, thus improving our overall moment-to-moment and day-to-day experience.

Mindfulness practitioners learn how to pay attention on purpose by practising specially developed mindfulness meditations, practices & mindful movements. With practice, they learn to slow down or stop 'brain chatter' and automatic or habitual reactions and begin to experience the present moment as it really is. By learning to experience the present moment as it really is, we develop the ability to step away from habitual, often unconscious emotional and physical reactions to everyday problems. We begin to see things as they are and respond to them wisely rather than on autopilot. As with all new skills, the more we practice it, the easier it becomes. Canadian psychologist, Donald Hebb coined the phrase "neurones that fire together, wire together". In other words, the more we practice mindfulness, the more we develop pathways in the brain associated with being mindful, calm and collected, which make it easier to be fully present to ourselves and manage the challenges that everyday life brings (<http://www.mindfulnet.org>).

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them, without believing that there is a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness our thoughts tune into what we are sensing in the present moment rather than rehashing the past or imagining the future (<http://greatergood.berkeley.edu/topic/mindfulness>).

Definitions of Mindfulness

- Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment

(<http://greatergood.berkeley.edu/topic/mindfulness>)

- Mindfulness... is about waking up from a life on automatic, and being sensitive to novelty in our everyday experiences. With mindful awareness, the flow of energy and information that is in our mind enters our conscious attention. Therefore we can appreciate it and come to regulate it in a new way.

(<http://www.thebestbrainpossible.com/>)

- Mindfulness is the awareness that emerges through paying attention *on purpose, in the present moment, and non-judgmentally* to the unfolding of experience moment-by-moment

(Jon Kabat Zinn - <http://www.mindful.org/>)

10 Benefits of Mindfulness

Mindfulness can help and support us in the following ways:

- Reducing anxiety, stress and irritability
- Improving mood
- Reducing worrying

- Improving memory, focus of attention and concentration
- Connecting better with ourselves and our feelings
- Communicating better with others
- Supporting the immune system and the body's natural healing processes
- Improving our sleeping pattern
- Reducing pain and physical discomfort
- Contributing to a sense of fulfilment and a satisfied life

Course Teacher - James O'Shea

James is a mindfulness teacher, counsellor /therapist, clinical supervisor and experienced healthcare professional. He has worked for over 30 years across a diverse range of mental health and educational settings. His qualifications include:

MA (Supervision), MA (Education), Hdip (Education), BSc (Counselling/Psychotherapy), HGdip (Counselling), Prof. dip (Addiction Counselling), Prof cert Mindfulness teaching (IMA), RPN, RGN (NMBI), BACP (Registered), ACI (Accredited), MINT Member.

Courses Available

Mindfulness – An Introduction - Two day introductory mindfulness course:

Mindfulness for Professional Practice - Five day mindfulness course focused on training professionals how to integrate Mindfulness into their day-to-day work:

✉ Email jos368@gmail.com or ☎ Phone (087) 6809428 for further information.