

# West Niagara Psychology Centre

www.westniagarapsychology.ca

## Mindfulness

Mindfulness and meditation are becoming largely practiced within today's society. It is a way to experience reality the way it is, living with your eyes wide open, on the present moment. We tend to look at the past or think about the future, which can bring about anxiety and depression. Research on mindfulness has found that the practice of mindfulness can reduce suffering (both mentally and physically), improve memory and focus, and increase happiness.

Mindfulness provides an opportunity to increase control of your thoughts and mind. We can transform our experiences by intentionally paying attention to it in particular ways. We begin to practice moving out of automatic pilot by paying attention intentionally, mindfully, to eating, the sensations of our body and the aspects of our everyday experiences.

Mindfulness allows you to observe your thoughts and feelings without classifying them as good or bad. It's a practice built with the focus on non-judging, patience, trust and acceptance. There are different techniques to allow an individual to become present and aware, both formal and informal practices. These include guided visual, meditation controlled breathing (a practice to where you focus on your attention on the sensations of breathing) and a body scan.

Practicing in mindfulness allows for a deeper sense of self through tools and reflection. Mindfulness is a state of mind, not to clear the mind but to become aware of thoughts, feelings and body sensations.

### Quote of the Month

**“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment”**

**Buddha**

### BOOKS & RESOURCES

“Mindfulness For Beginners”  
by Jon Kabat Zinn

“A Mindfulness- Based Stress Reduction Workbook” by Stahl & Goldstein

“The Untethered Soul” by Michael Singer

APPS: Insight timer, Calm Keeper, Headspace, MindShift, Kuro, Relax2breathe, and Stop, Breathe, and think.

### Winter Groups

- Master Your Stress: Methods to Reduce Stress Through Multiple Modalities- new group starts January 27, 2020 – reserve your spot by calling (905) 563-9900
- More Groups and workshops coming soon!