

What is Mindfulness?

A free fact sheet from **Helping You Sparkle™**



Too busy to relax?

Leading a busy life can lead to stress and other problems, especially if you don't have time for relaxation. In this factsheet, we look at how mindfulness and meditation can help.

With advances in modern technology, we're available to people 24 hours a day, seven days a week. We are so busy, we don't have to time to give attention to things that really need our focus, like our physical, mental and spiritual health. Relaxing is an important part of being well but if you've ever tried to just sit and do "nothing", you'll know how hard that can be.

19%

STRESS

One in five people 'phone in sick with stress.

20%

LOW MOOD

One in four people will suffer from poor mental health in their lifetime.

40%

FEEL BETTER

People saw a reduction in stress when using a mindfulness technique.



Quiet space

Find somewhere that you won't be disturbed for 10 minutes.



Get comfortable

Wear comfortable clothes, place both feet on the floor and sit in an upright chair.



Close your eyes

Focus your attention on your breath as air flows in and out. Let thoughts come and go.

What is mindfulness?

“Mindfulness has to do with...questioning our view of the world and our place in it. Most of all it has to do with being in touch”. Jon Kabat-Zinn.

How often have you been thinking about the past or worrying about the future and realised an hour has gone by? The ripple effects of hurt can stay with us for a long time, leading to unhelpful thoughts and unhealthy habits.

Learning how to focus the mind when thinking becomes unhelpful is a technique which can improve our physical, mental and spiritual health. It can also interrupt thoughts about engaging in behaviour which is unhealthy.

The practice of mindfulness is about 2000 years old, with its origins in the Buddhist tradition. It can be learnt and practiced by anyone, regardless of their beliefs or cultural background.



Try it now. Use the technique on the right-hand-side of the first page.



The basis of Mindfulness is to start with paying attention. So, as you would say ‘I’m mindful of the time’, you mean you’re *aware* you need to keep an eye on it. You can be mindful in everything you do, like eating and walking and you can practice mindfulness at work or at home.

Try the simple technique on the right-hand-side of the first page, as a place to start.

References

Statistics from the following sources:

- * 19% of people ‘phone in sick - ISMA
- * 1 in 4 people suffer with poor mental health - Mind
- * 40% of people feel better after using a mindfulness technique - MHF

BOOK A PRIVATE SESSION OR GROUP EVENT

At Helping You Sparkle™, Delphi offers private and group sessions on mindfulness, including introductions to relaxation and top tips for improving sleep. Click [here](#) to book or enquire.

Mindfulness is also suitable in pregnancy. Ask for details or visit this [dedicated resource](#) to maternal mental health.

[Subscribe to Sparkle](#) - a regular slice of positive mojo direct to your inbox, where you can find more free resources including guides on meditation and better sleep. Delphi is a qualified therapist and trainer, and Mindfulness practitioner.

