

Mindfulness Meditation

The mind has a mind of its own. No matter how much you put it on one thing, invariably it will veer off to somewhere else. Mindfulness meditation is the practice of developing an awareness of where it has gone to, and of whatever else is going on in this moment. The act of repeatedly collecting the mind, noticing where it is and bringing the focus back to the present moment creates a sense of calm and enhances the ability to tolerate even unpleasant things. Over time, the practice enables us to experience thoughts and feelings as they really are, not through the criticisms, judgements and labels that the mind is always trying to put on things.

Regular practice in mindfulness meditation can help to reduce stress and anxiety, prevents relapse from depression and greatly assists with the management of pain.

Other benefits of meditation include:

- Sharpened alertness
- Increased energy and productivity
- Decreased self-criticism
- Increased objectivity (perception of situations nonjudgmentally)
- Increase self esteem

Mindfulness Meditation In Therapy

Mindfulness and CBT go very well together. Ask your clinician if you would like to add a mindfulness meditation component into your ongoing therapy work.