

# Benefits of Mindfulness

Practice daily life routines using mindfulness. Learn how to sit and take time out to develop mindfulness, as a tool to build mental resilience. The benefits of mindfulness may help you to find the motivation to start your own daily routines. Mindfulness can support a more balanced view.

Benefits:

Learn to respond

Boost Immune System

Reduce symptoms of stress

Improve cognitive function

Improved decision making

Improved Relations

Increased awareness

Ability to focus

Lower blood pressure



## Learn to respond

- Place of readiness.
- Integrate thinking.
- Stressful moment
- Cortisol levels
- Less threat.
- Recognise good
- Responding and not reacting
- Negative bias

Learn to respond instead of react. The brain has a negative bias, we can train it to be able to see the good and to integrate thinking processes for a better response which helps to create a more balanced view of the world. Feeling less threat from the outside and from our internal thoughts we reduce cortisol levels which assist in being willing able to help others by responding not reacting as we all as being more able to be with stressful moments and work through them. Mindfulness can place our mind in a place of open readiness, not anxious readiness.



## Boost Immune System

- Brain messages.
- Influences nervous system
- Prevents ageing and cancer.
- Inflammation
- CD-4 cells destroy infection

Boosting the immune system influences the automatic nervous system with improved communication within the brain using enhanced chemical messages from anywhere in the body. Many other benefits come from this communication including reduced inflammation around areas of pain, increases in CD-4 cells which tell other cells to destroy infection, increases in telomeres activity which slows ageing and cancer as well as producing more antibodies which prevent illness.

## Reduce symptoms of stress

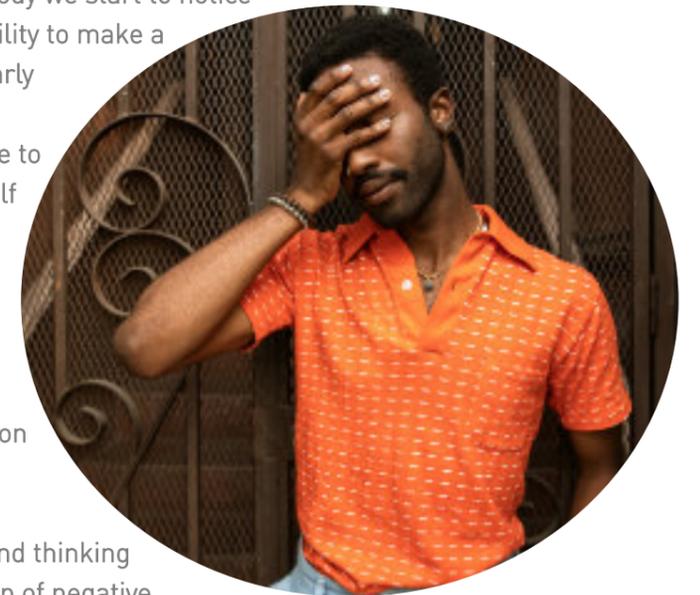
- Less ruminating.
- Calming hormones.
- Recognise stress.
- How we are?
- Less guilty
- Calm down.
- Relax more around difficult situations
- Our thinking

An increase in the ability to recognise how stress feels in the body before it gets worse. When we become more aware of the body we start to notice things much more quickly and we also have the ability to make a choice and act. Mindfulness develops a sense of early warning.

Over time we recognise our stressors and then able to work with them. We can more easily describe to self or others how we are in any given moment. When we become less selfish we can relax more around difficult

situations. We don't take things so personally. We learn that emotions are not who we are and that if left alone they will move through you and away, all on their own. Lowered level of stress hormones and increased levels

of calming hormones helps with less ruminating and thinking about things we cannot control and loosens the grip of negative thoughts and so the mind settles.



## Improve cognitive function

- Stimulate whole brain
- Emotion regulation
- Sustaining attention
- Computer tasks
- Improve perspective
- Change brain structure
- Executive brain function
- Distinguish chatter

- Reduces depression.
- Plasticity training.
- Reduces brain ageing

Creates changes in brain structure which enhance attention and executive function, this can improve our focus on computer based tasks and improve whole brain connection and an increase in its plasticity. This more fluid thinking brain can then distinguish our internal chatter from reason, improves perspective taking, sustain attention and diminishing distractibility which then helps with improved empathy, compassion and emotion regulation. Different practices stimulate different areas of the brain but they all help to reduce depression and reduce the ageing effects on the brain.

## Improved decision making

- Reduces negatives
- Enhances relationships
- Past and present
- Improved memory
- Sunk cost bias
- Concentration
- Mental recovery
- Amygdala and the prefrontal cortex
- Moment awareness

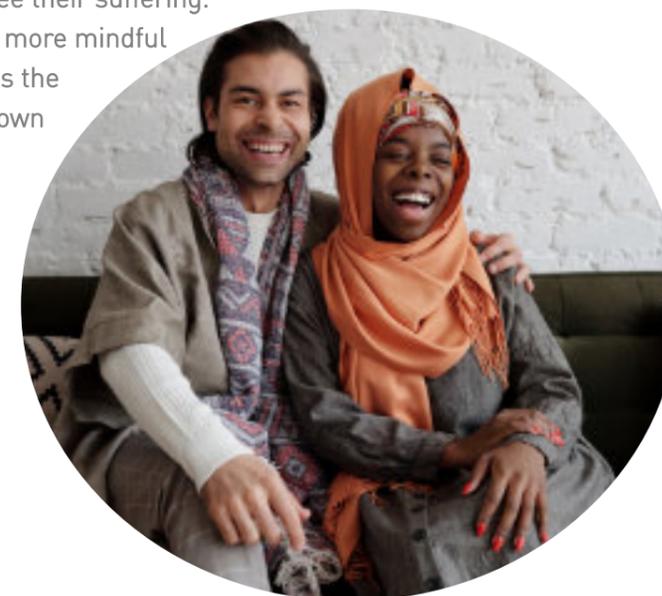


Improved decision making Reduces negative states of mind by teaching the mind not to take things so personally and to label things as it sees it. Rather the mind is influenced less by past/future events which creates space for more present moment awareness, increasing our ability to concentrate. Able to resist the sunk-cost bias and step back in our thoughts and look at a situation from a more open point of view. Developing the skill to do this through mindfulness can loosen up any fixed thinking, calming the amygdala which allows the pre-frontal cortex to function normally. This then leads to improved memory which supports complex thinking, quickening mental recovery.

## Improved Relations

- More positive feelings
- Increase generosity
- Communication style
- Own judgements
- Compassion and Empathy
- Kindness to self and others
- Nourishing and depleting
- 'Just like me'

Awareness of how people make us feel and the ability to change this for more positive feelings has shown to bring more kindness to self and others, we begin to realise that people are 'just like me' and so foster more compassion and empathy for others, we begin to see their suffering. Awareness of our communication style helps to be more mindful when we are communicating with others. It gives us the ability to just sit and listen and being aware of our own judgements without voicing them, developing generosity and the ability to be more aware of nourishing and depleting relationships.



## Increased awareness

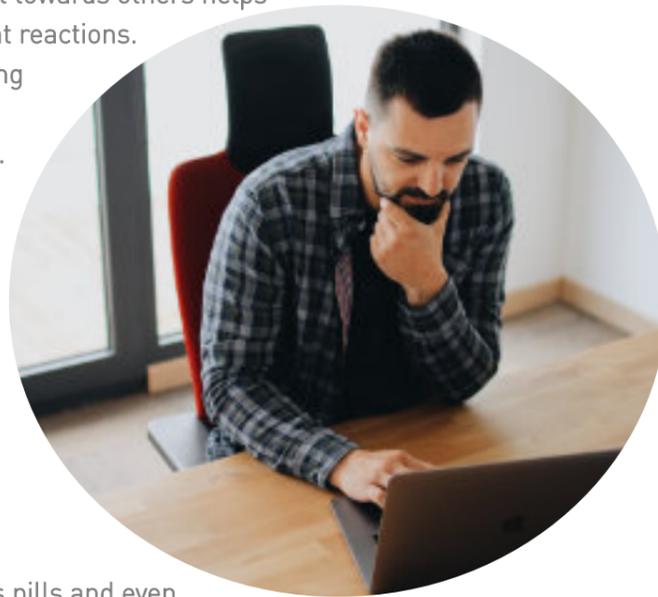
- Appreciate our surroundings
- Something bigger
- Bring about choice
- Be kind
- Less striving
- Tired or stressed
- Skills and abilities
- Open to others

Increased awareness of self and surroundings More able to be kind and less critical to self and others helps us to lessen the power of the ego, creating a smaller sense of self and an appreciation of something bigger, we are more able to appreciate our surroundings and our place in it, becoming less selfish and more open to others. More honesty about our skills and abilities helps us to be less striving and pushing to hard to achieve unrealistic goals and bring about choice in how we respond to people and situations.

## Ability to focus

- Corporate citizenship
- Multi tasking
- Calm under pressure
- Destructive habits
- Time to focus
- Share focus
- Management and timetabling
- Look inside ourselves

Develops good corporate citizenship enabling people to develop a shared focus with people, improving inner and out focus, the ability to look inside ourselves and out towards others helps to stay calm under pressure with less fight and flight reactions. People can dedicate time to focus on things, bringing better time management and time tabling of actions, events and communications.



## Lower blood pressure

- Reduces pre-hyper
- Long term practice
- Effect blood pressure
- Effects on pressure
- Doctors recommend
- Prescribed drugs

Reduces pre-hypertension and is just as effective as pills and even more effective with those that have yet to be prescribed drugs for pressure. Mindfulness is more effective with long term practice and may not be seen to be directly effective on blood pressure, but It does act on other functions which can affect blood pressure. Doctors recommend including mindfulness into daily life routines, wellbeing is now seen as an essential part of work and home life and for us to take responsibility. If we can get the basics right we can live longer and healthier lives.