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 Mid Cheshire Hospitals NHS Foundation Trust

# FIBROMYALGIA ONLINE SELF-MANAGEMENT EDUCATION PROGRAMME

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## MINDFULNESS

MSKHUB Online Patient Education Series  
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## Mindfulness: Brief Introduction

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

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## Mindfulness: Brief Introduction

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.



Mind Full, or Mindful?

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### Mindfulness: Research

One of the most important areas of research has been around the use of Mindfulness within the treatment of long-term physical health conditions.

A review of 114 studies found\*, in the context of poor physical health, consistent improvements in mental health and wellbeing, particularly reduced stress, anxiety and depression where a mindfulness-based intervention is used.

\* (Carlson L., "Mindfulness-Based Interventions for physical conditions: A narrative review evaluating levels of evidence", International Scholarly Research Notices, 2012)

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### Mindfulness: Research

MBCT is as effective at reducing recurrence as antidepressants\*.

\* (Williams et al, Mindfulness-Based Cognitive Therapy for preventing relapse in recurrent depression: A randomized dismantling trial, Journal of Consulting and Clinical Psychology, 2013)

In the UK, the Government's National Institute for Health and Clinical Excellence (NICE) has recommended MBCT in their Guidelines for Management of Depression (2004, 2009) for service users who have had three or more episodes of depression.

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### Mindfulness: Practice

#### 1. Set aside some time.

You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.



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### Mindfulness: Practice

**2. Observe the present moment as it is.**

The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment. Easier said than done, we know.



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### Mindfulness: Practice

**3. Let your judgments roll by.**

When we notice judgments arise during our practice, we can make a mental note of them, and let them pass..



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### Mindfulness: Practice

**4. Return to observing the present moment as it is.**

Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.



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### Mindfulness: Practice

**5. Be kind to your wandering mind.**  
Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

*Easy Does It*

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### Mindfulness: Simple meditation



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