



Five facts on

MINDFULNESS

What is mindfulness? A growing body of evidence suggests that the practice of mindfulness, which originates from Buddhist methodology, may improve both mental and physical health, and could improve our overall state of mind and wellbeing when managing stressful situations.

PHYSICAL HEALTH

Mindfulness may help to:

- Relieve stress
- Treat heart disease
- Lower blood pressure
- Reduce chronic pain
- Improve sleep

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MENTAL HEALTH

Mindfulness may help to treat:

- Depression
- Substance abuse
- Eating disorders
- Couples' conflicts
- Anxiety disorders
- Obsessive-compulsive disorder

MEDITATION

Mindfulness meditation originates in Buddhism. The traditional practice is thought to be more than two and a half thousand years old.

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CONCENTRATION

Improve your concentration: mindfulness allows people to intentionally bring their attention back to the object of their focus, ceasing the mind to wander.

THERAPY

Therapists and therapist trainees who carry out mindfulness meditation are thought to benefit from the following:

- Empathy
- Compassion
- Counseling skills
- Decreased stress and anxiety
- Better quality of life

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SOURCES

bit.ly/MINDFUL03
bit.ly/MINDFUL04
bit.ly/MINDFUL05

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