

# is mindfulness meditation for you?



Mindfulness is a type of meditation that essentially involves focusing on your mind and on the present. To be mindful is to be aware of your thoughts and actions in the present, without judging yourself. Research suggests that mindfulness meditation may **improve mood**, **decrease stress**, and **boost immune function**.

## How to Do It

1. Find a quiet and comfortable place. Sit in a chair or on the floor with your head, neck and back straight but not stiff.
2. Try to put aside all thoughts of the past and the future and stay in the present.
3. Become aware of your breathing, focusing on the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall, the air enter your nostrils and leave your mouth. Pay attention to the way each breath changes and is different.
4. Watch every thought come and go, whether it be a worry, fear, anxiety or hope. When thoughts come up in your mind, don't ignore or suppress them but simply note them, remain calm and use your breathing as an anchor.
5. If you find yourself getting carried away in your thoughts, observe where your mind went off to, without judging, and simply return to your breathing. Remember not to be hard on yourself if this happens.
6. As the time comes to a close, sit for a minute or two, becoming aware of where you are. Get up gradually.

## Sources

Kabat-Zinn J. Mindfulness Meditation: Health benefits of an ancient Buddhist practice. Mind/Body Medicine, eds. Goleman D, Gurin J. New York 1993. Consumer Reports Books, 259-275.

**for assistance with improving your wellbeing contact:**  
**The 4Life Psychology centre**  
**3414 9430**  
[www.4-life.com.au](http://www.4-life.com.au)