

Mindfulness

Mindfulness is a technique of being aware, seeing things more clearly, moment to moment. Mindfulness is the awareness you find when paying attention to the present moment, with non-judgement, and bringing yourself back to the present moment. It is a simple, gentle training that is free from any particular faith or religious belief.

“the present is the only time that any of us have to be alive—to know anything—to perceive—to learn—to act—to change—to heal.”

John

Kabat-Zin

There are many MBSR Mindfulness Based Stress Reduction Workshops by teachers trained in the 8 week program created by Dr. Jon Kabat-Zin at the University of Massachusetts Medical School in 1979. Mindfulness courses are offered by psychologists, counsellors, therapists, colleges, universities, medical clinics, service clubs, employers and specific disease associations. Some are covered by provincial health care plans or employer extended health care plans. Check where you live or work for a course or workshop near you.

Mindfulness practices can help you relieve psychological and spiritual stress which can then help you manage your physical stressors.