

A Guide to Mindfulness

What is mindfulness?

- Mindfulness involves 3 key components:
 - Paying **attention** or bringing **awareness** to what is happening inside and outside of your body
 - Staying in the **present moment**
 - Remaining **non-judgemental** and approaching your thoughts with an attitude of **kindness and curiosity**



What are the Benefits of Mindfulness?

- Studies show mindfulness decreases **stress, anxiety, and burnout**
- Mindfulness has been shown to:
 - improve quality of patient outcomes, and contributes **positively** to **pain management** for chronic pain
 - increase activation of specific brain regions that help to **improve concentration, focus, problem-solving, and self awareness**
- In people with low back pain, mindfulness has shown to **decrease pain perception, functional limitations, and fear beliefs about pain**. It is also shown to **increase self efficacy** (confidence in completing a task) and **attention to emotional states**

How to Practice Mindfulness:

- Start in a comfortable, quiet environment. Find a position that you are comfortable in. You can be laying down, sitting, resting your head back, or any position that you can relax in.
- Close your eyes and take some deep breaths.
 - Pay attention to how you are breathing without controlling your breaths.
 - Notice when your mind wanders and gently bring your focus back to your breathing.
- With each breath cycle focus on:

In, Out

Each breath in, and each breath out

Deep, Slow

Deep breath in, Slow breath out

Calm, Ease

Breathe in calmly, Breathe out with ease

Smile, Release

Smile with each breath, Release with each breath out

**Present Moment,
Wonderful Moment**

Pay attention to the present moment,
wonderful moment

Tips for Mindfulness

- Mindfulness is a skill, and like every skill it **needs practice**
- Start by performing mindfulness in **short periods** that work best for you and gradually increase the time
- Mindfulness can be integrated into **everyday tasks**. Try performing mindfulness every time you wash your hands, wait for an elevator or while walking your dog

Take a Moment to Reflect:

- What is going on in your **body**?
- What is going on in your **mind**?
- Are you **tight** and **anxious**?