



Mindfulness

Claire Cheminade
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Joining the dots across health and care

What we are going to look at:

- Definition of mindfulness
- Background
- Evidence and research
- About the dimensions of mindfulness:
 - Autopilot and awareness
 - Working with difficult thoughts, emotions and experiences
 - Noticing the good and gratitude
 - 'Kindfulness'
 - Social connectedness of mindfulness



What does mindfulness mean to you?



Mindfulness is
paying attention on
purpose, in the
present moment, and
nonjudgmentally, to
the unfolding of
experience moment
to moment.

~ Jon Kabat-Zinn





Mindfulness practices are not new and have origins in the contemplative traditions of Asia, especially Buddhism.

In the last 40 years they have been formulised into the therapies of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), traditionally delivered in eight-week classes.



Mindfulness Evidence and Research

NICE National Institute for
Health and Care Excellence



Depression in adults: treatment and management

NICE guideline
Published: 29 June 2022

www.nice.org.uk/guidance/ng222

Mental health

- 58% reduction in anxiety levels
- 57% reduction in depression
- 40% reduction in stress
- 25% decrease in rumination
- 26% reduction in fatigue
- 33% improved sleep quality

Physical health – Pain

From www.bemindful.co.uk





MINDFUL NATION UK

Report by the Mindfulness All-Party
Parliamentary Group (MAPPG)

October 2015





Research shows about
47% of waking hours
spent thinking about
what isn't going on

A wondering mind is an unhappy mind
Matthew Killingsworth – Harvard





Mind Full, or Mindful?







A is for awareness - Becoming more aware of what you are thinking and doing – what's going on in your mind and body.

B is for "just Being" with your experience - Avoiding the tendency to respond on auto-pilot and feed problems by creating your own story.

C is for seeing things and responding more wisely - By creating a gap between the experience and our reaction to, we can make wiser choices.

Juliet Adams, Founder of Mindfulnet.org & Director
A Head for Work





Mindfulness doesn't prevent us from feeling stressed or anxious but to accept the feelings and thoughts we layer on top of experiences





**“You can’t stop the waves but you can learn surf”
Jon Kabat-Zinn**



Bringing a sense of curiosity..... take notice, connect with what is going on around us



Connecting with others.....



BE KIND to YOURSELF

by KRISTIN NEFF



RESEARCH
AND MORE
RESEARCH



self-compassion



SELF-COMPASSION
A SOURCE of STRENGTH
and RESILIENCE

1 SELF KINDNESS



WE ARE AS CARING
TOWARD OURSELVES
AS WE ARE TOWARD
OTHERS

2 RECOGNIZING OUR COMMON HUMANITY



SHARED HUMAN
EXPERIENCE

3 MINDFULNESS

BEING OPEN TO THE
REALITY OF THE
PRESENT MOMENT



ACKNOWLEDGE
OUR SUFFERING
WITHOUT
EXAGGERATING
IT



MOMENT
of CONNECTION
WITH OTHERS



seeyourwords.com

For any questions, please contact me: Claire.cheminade2@nhs.net



Links and further reading

<http://www.breathworks-mindfulness.org.uk/mindfulness-courses>

<http://bemindful.co.uk/>

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx>

http://www.themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf

<https://mrsmindfulness.com/ted-talk-happiness-is-mindfulness/>

[Insight Timer - #1 Free Meditation App for Sleep, Relax & More](#)

<http://self-compassion.org/>

<https://www.e-lfh.org.uk/programmes/introduction-to-mindfulness/>

[Depression in adults: treatment and management \(nice.org.uk\)](#)

