



MDAM

MOOD DISORDERS
ASSOCIATION OF MANITOBA
WESTMAN

Helping People Help Themselves

Compiled by 2023 Green Team

Mindfulness

What is Mindfulness?

Mindfulness is a skill that helps us be more aware and accepting of our past and present experiences, without being distracted or overwhelmed by thoughts. It is a very useful tool for tackling stress, which in turn reduces symptoms of depression.

(Hoshaw, 2022)



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Benefits of Mindfulness

Practicing mindfulness can involve breathing exercises, guided imagery, and other practices to help relax the body and mind, and help reduce stress. The benefits of mindfulness can include:

- Better communication of one's own emotions
- Better conflict resolution
- Better identification of one's own emotions
- Decreasing job burnout
- Helping with pain management
- Improving the quality of life for those living with chronic conditions
- Improving attention
- Improving cognitive ability
- Improving diabetes control
- Improving empathy
- Improving sleep
- Increasing a sense of well-being
- Reducing stress, anxiety, and depression symptoms
- Responding to relationship stress in a positive way
- Slowing down the aging of the brain

(MayoClinic, 2021)



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How To Practice Mindfulness

There are simple ways to practice mindfulness. They include:

- Acknowledge your feelings
- Be aware of your thoughts and feelings without judgment
- Live in the moment.
- Try to take the time to experience your environment with all of your senses
- Perform an exercise
- Have a daily routine
- Treat yourself the way you would treat a good friend
- When you have negative thoughts, try to sit down, take a deep breath and close your eyes

Simple mindfulness exercises can be practiced anywhere and anytime. Research says that engaging your senses outdoors is especially beneficial.

(Nortje, 2020)

References

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