

An *Introduction to Mindfulness* for the British Tinnitus Association

A different way to "be"

For more information
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WHAT IS IT?

The practice of paying deliberate attention to the present moment - with acceptance and without judgement



WHY IS IT GOOD FOR ME?

The act of being mindful switches off the Fight or Flight response, and triggers the Relaxation Response, with huge benefits for the nervous system and neural connections

SO WHAT ARE THE BENEFITS?

INCREASED

- Calm
- Positivity and Empathy
- Contentment and Gratitude
- Creativity
- Decision Making Ability
- Memory and Learning Capability
- Concentration
- Ability to cope with pain and illness

DECREASED

- Stress
- Anxiety
- Depression
- Irritability
- Insomnia
- Irrational thoughts



HOW DO I PRACTICE MINDFULNESS?

There are many different ways to practice to suit you as everyone is different. Trying out new techniques is good though as you learn new things and keep your practice fresh. Here are the key ways and some tips to follow

Seated/Lying Down Meditation



Movement

My Hobby



SOME TOP TIPS



Use a guided app/voice to start - don't expect perfection from day one - benefits will come with practice and be patient and kind to yourself. Set a specific time of day to make a habit if you can
Just one minute a day is beneficial

Use the STOP method at any time of day

- Stop and Smile
- Take a Breath
- Observe what is happening
- Proceed with your day



Use your senses - when you want to be mindful name 3 things you see, then 3 things you hear, one thing you taste/smell, and finally one thing you feel - air/wind/cold/heat/tingle - etc