



Mindfulness:

What is Mindfulness?

Mindfulness is the ability to be aware of what is happening in the present moment and to notice how this makes you feel, paying special attention to what is happening in your mind and your body. To be able to do this without judgement of yourself, others and the world is true mindfulness.

Learning this technique will help you to become more self-aware, calmer and less stressed. When you are able to feel less stress and anxiety this allows you a window of opportunity to take control and choose how to respond to your negative thoughts and feelings, allowing you to create a positive growth mindset to take you forward. This will allow you to be able to respond more resourcefully with difficult thoughts.

Mindfulness takes practice.

If you wish to live a peaceful life with mindfulness leading the way then new habits need to be created. Practising as part of your daily routine will cement the foundation to a more empowering thought habit to allow you to become a happier and lighter person in life.

My role as coach and mentor is to hold you accountable for the actions you chose to take each week. Studies show that mindfulness can help manage depressive feelings, some anxiety feelings and feelings of stress.

I share with you some exercises you can use to bring mindfulness in to your life such as

Sometimes mindfulness may make you focus your attention towards things that you would normally avoid.

That can be challenging.

Working together we can help pace your journey so it is right for you.