

## Mindfulness

What is Mindfulness? Mindfulness is a life skill that can help us lead much more fulfilling lives and not be at the beck and call of our problems, as we learn through a series of exercises to respond to situations rather than react to them. It is, as Saki Santorelli in his book *Heal Thyself* (2000) suggests, 'a universal capacity – a way of paying attention to the present moment unfolding of experience – that can be cultivated, sustained and integrated into everyday life.'

In the current NICE guidelines, Mindfulness is now recommended as a treatment of choice particularly for those who have suffered with three or more depressive episodes throughout their lives. However, it is useful for so many more problems that seem to blight our modern society. Especially as we are all influenced by things that we have no control over and yet which impact on

our lives, such as redundancy and changes in the workplace at this time of huge financial pressure. Many of the world's largest companies, such as Google, are now using Mindfulness for their employees to help them keep mentally healthy.

Is Mindfulness for you? This is a difficult question to answer. Mindfulness does take working at. It's an experiential therapeutic intervention, or preventative, and not something where someone does something to or for you. You would have to be willing to put the work in and that can be for an average of 30 minutes a day.

Mindfulness is usually a group experience done over 8 weeks, but is also used individually. The group is not considered a therapy group, but one where individuals come together to discuss the Mindfulness practice.



“ Mindfulness is knowing what is happening, while it is happening, when it is happening, no matter what it is. ”

Rob Nairn, *Diamond Mind*, 2001

To learn more about Mindfulness and how it can be used by organisations and individuals, contact Jenny Foley, [jenny@kellcentre.co.uk](mailto:jenny@kellcentre.co.uk)