

# MINDFULNESS & MENTAL HEALTH

## What is 'mindfulness'?

Mindfulness is the practice of calmly and attentively focusing our awareness inward, to everything we're thinking, feeling, sensing with our bodies, and the environment surrounding us on a moment-to-moment basis.

By doing this, we divert our attention away from the past and future, instead tuning into everything happening in the present moment to better process and accept what we're thinking and experiencing, free from distraction or judgement.

## How does it work?

Mindfulness can work in a number of ways from working through emotional pain and fear, to physically helping your body relax and develop a better stress response.

## Change harmful mindsets

By allowing us to thoroughly unpack and explore our thought patterns and the emotions attached, mindfulness can provide us the space to reorient

our mindsets and challenge harmful or limiting beliefs.

## Lower your brain's frequency

Mindfulness can help shift our brain's frequency from high to low, activating different areas of the brain that control emotions and sensations such as fear, anxiety, and empathy. When our brains are operating on a lower frequency, we can gain the ability to rationalise our thoughts and sensations while slowing down our body's stress response to situations.

## Improve your physical health

Mindfulness techniques not only affect our brains, but also our 'fight or flight' response. By focusing on breathing, reducing muscle tension, and relieving stress, the long-term physical health benefits speak for themselves. When our bodies are not working overtime producing stress hormones, responding to fear and anxiety, or losing sleep, we can improve our blood pressure, heart health, cholesterol, sleep quality and digestive health.

## Mindfulness Techniques

### Be still, and focus

If you can, find somewhere to sit in silence and begin focusing on slowing and regulating your breathing while paying attention to the other physical sensations in your body and allowing their presence.

### No judgement

With each thought that arises, acknowledge, and accept it regardless of its nature, and simply let it pass without judgement or focusing obsessively on it. Allow yourself to feel the emotions you're feeling, then let them go without dwelling or judging.

### Pay attention

Experience the sights, smells, and other sensations going on around you without becoming overwhelmed by them or losing focus on your thoughts and physical sensations. Then simply let them pass.

NIHP Durham Wellbeing Blog  
[www.healthnorth.co.uk](http://www.healthnorth.co.uk)

 Northern Integrative Health Practice



0191 398 0000

[www.healthnorth.co.uk](http://www.healthnorth.co.uk)

The Pinnacle, Sacriston Crossroads, DH7 6FE

Therapies to help you  
relax and focus  
on your wellbeing



Hands-on treatments  
for your aches, pain  
and injuries

