Mindfulness

Mindfulness is the practice of letting go of the noise in our head. Instead of doing and reacting and trying to fix everything, being mindful is about sitting still, being aware of what is happening in this present moment—not with words and thinking, but by listening fully with a mind free of judgments and opinions and all the rest of the baggage that become a major source of stress. Observe thoughts and emotions but let them pass without judgment.

Mindfulness meditation is not hard, there is no right or wrong way to do it, but it may take practice to quiet the mind for an extended period of time. Your mind will wander. That’s ok, just pay attention to the thoughts and let them go by. Start by setting aside 10 to 20 minutes a day at first. No special gear needed. No cost. All you'll need is a quiet space. Most people meditate with closed eyes, but you can focus on an object, a candle, for example. Concentrating on the flame might make it easier to clear the noise.

The main idea is to focus your attention; this is what helps free your mind from the many distractions that cause stress and worry. Focus attention on such things as a specific object, an image, a mantra. One way to start is to focus on breathing. Concentrate on the inhale and the exhale, slow and relaxed. Always bring the wandering mind back to the breath. As your meditation skills increase, consciously visualize the release of tension, beginning at the head, eyelids, shoulders, fingers, and moving slowly down to the toes. Breathe relaxation into all the muscles and all parts of the body. Prayer is the best known and most widely practiced example of meditation. Some people use religious mantras to focus, relax and quiet the mind.

The clinical effects of meditation are becoming more clear. Mindfulness is taught at many medical centers to help people cope with a broad range of physical and psychological symptoms, including reducing anxiety, pain, and depression, enhancing mood and self-esteem, and decreasing stress. Some people use meditation to enhance creativity or improve performance.

Source: Paralysis Resource Guide 2013

Websites

http://nccam.nih.gov/health/meditation/overview.htm
National Center for Complementary and Alternative Medicine: Meditation An Introduction

http://stress.about.com/od/tensiontamers/a/exercises.htm
About.com: Stress Management “Everyday Mindfulness Exercises For Stress Relief”

http://www.mindful.org/

Mindful
Mindful is an initiative that celebrates being mindful in all aspects of daily living—through *Mindful* magazine, mindful.org, and social media.


PsychCentral: How Mindfulness Can Mitigate the Cognitive Symptoms of Depression

http://www.wildmind.org/applied/daily-life/what-is-mindfulness

WildMind Buddhist Meditation: What is Mindfulness

http://www.umassmed.edu/Content.aspx?id=41252

University of Massachusetts Medical School’s Center for Mindfulness in Medicine, Health Care and Society

http://marc.ucla.edu/

UCLA’s Mindful Awareness Research Center

http://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx

UC San Diego Center for Mindfulness

The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at:

http://www1.youseemore.com/ReevePRC/default.asp
Books


Videos

*The Garden of Now: Mindfulness Meditation and Stress Reduction for Beginners*. Featuring Dr. Derek G. Turesky The Garden of NOW Inc., 2010. DVD


*Mindfulness Meditations for Anxiety: Seven Practices to Reduce Stress*. Featuring Ira Israel, psychotherapist. Optimum Integral, 2013. DVD (88 minutes)

*The World of Relaxation: A Guided Mindfulness Meditation Practice for Healing in the Hospital and/or at Home*. BetterListen! LLC, 2010. DVD (57 minutes)
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This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.