

A close-up photograph of a sandy beach. In the foreground, the word "Mindfulness" is written in a cursive script into the sand. Above the text, a gentle wave with white foam is washing onto the shore. The background shows the ocean under a bright, slightly hazy sky.

Mindfulness

What is Mindfulness ?



Mind Full, or Mindful?



just be in the moment...

- Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. (Mind)
- **paying. attention in a particular way: on purpose, in the present moment, and nonjudgmentally”** (Jon Kabat Zin 1995)
- you only have moments to live , This moment and then this one and then this one ! (Jon kabat zin)

Formal and informal

■ Formal practice



■ Informal practice



- Formal/Guided meditation.
- Informal ,Mindful eating, walking ,showering, drinking a coffee
- Living in the now not feeling guilty about the past or anxious about the future, taking yourself out of autopilot.

What mindfulness helps with

- Stress reduction
- Clarity and focus
- Builds resilience
- Improves relationships
- Improves concentration
- Greater confidence and self esteem
- Reduces anxiety and depression
- Memory enhancement
- Pain reduction

7 attitudes of mindfulness

- Non Judging
- Patience
- Beginners mind
- Non-striving
- Acceptance
- Letting go +
- Generosity
- gratitude



Resilience



**developing
mindfulness
to increase
resilience**

Science validates MS and mindfulness

- People with MS are twice as likely to suffer with depression.
- Creates a cycle :
- Depression – inflammation –increase physical illness- increase depression.
- Mindfulness is effective at treating depression approved by Nice.

Neurogenesis

- People with MS are more prone to neurodegeneration.
- Research has shown on MRI's that regular mindfulness can increase the grey and white matter of the brain in specific and important areas.
- Promotes neuroplasticity and the creation of new neural networks.

- Reduces physical and neuropathic [pain , being less judgemental of their physical sensations.)
- Increases happiness, shifts brain activity from right side of brain to left side to have more positive outlook .
- Proven to happen only after 1 month of regular practice.

Why is it important?

- To treat the patient holistically
- Often emotional health is forgotten in clinic.
- Stress is one of the main triggers for MS relapses
- Address mind and body connection in MS .

Reading list

- Wherever You Go, There You Are (Jon Kabat-Zinn)
- Full Catastrophe Living (Jon Kabat-Zinn)
- Mindfulness: A practical guide to finding peace in a frantic world (Mark Williams & Danny Penman)
- Mindfulness-Based Cognitive Therapy for Depression (Zindel Segal, Mark Williams and John Teasdale)
- Mindfulness for Health (Vidyamala Burch & Danny Penman)

Apps and links

- Biogen .(2020) *Actmyself.co.uk* app download 09 May 2021
- Calm app ,head space app,
- Overcoming MS. (2012). *MS and mindfulness*. Available: <https://overcomingms.org/recovery-program/meditation-for-ms/ms-and-mindfulness>. Last accessed 09 may 2021
- MS UK. (2020). *Mindfulness training may boost cognitive and emotional wellbeing*. Available: <https://www.ms-uk.org/mindfulness-training-may-boost-cognitive-and-emotional-wellbeing>. Last accessed 09 may 2021. [/](#)
- Grossman ,p et al. (2010). MS quality of life, depression, and fatigue improve after mindfulness training: a randomized trial.. *Journal of Evidence Based Complementary and Alternative Medicine*. 75 (13), 1141-1419

Time to relax.....

