



Mindfulness

The concept of mindfulness, with historic roots in Buddhism, is now accepted and used worldwide. Mindfulness is a mental state defined as *"the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment."* This involves focusing your attention on thoughts, emotions, events, and surroundings as they occur, without assigning judgment or meaning to them.

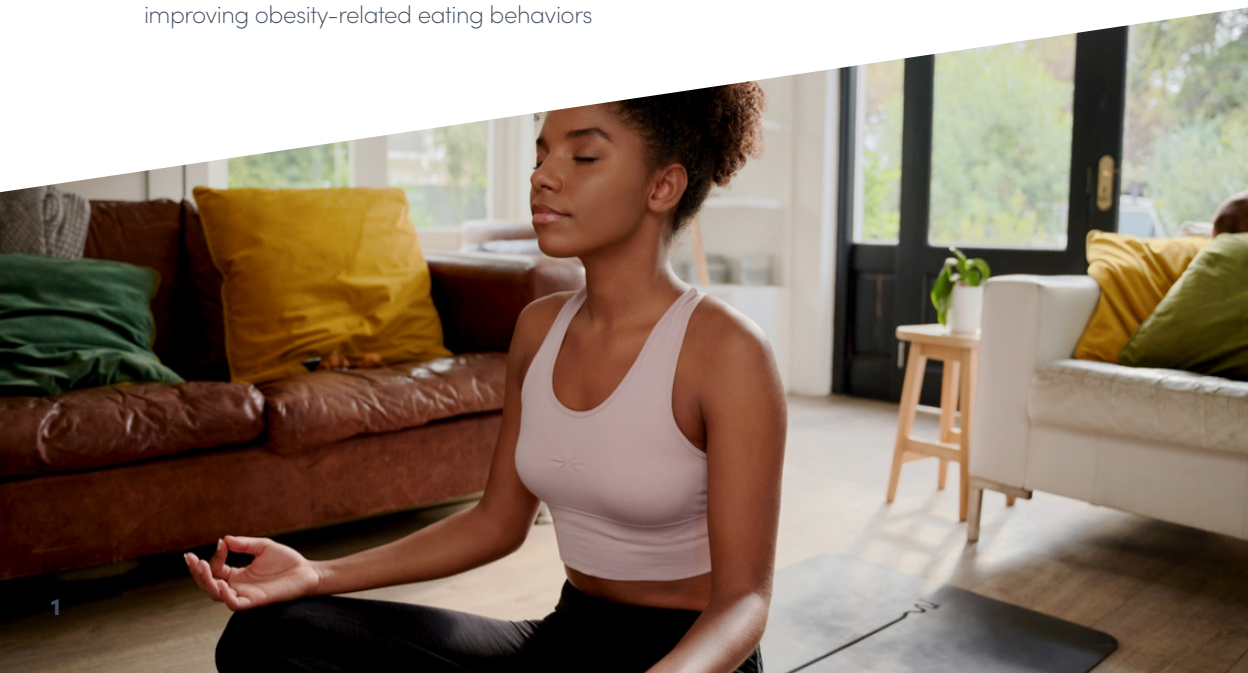
Developing a state of mindfulness can include formal practices, such as sitting meditation, body scanning, and mindful movement, as well as informal mindfulness, where the practice is integrated into everyday activities such as commuting or doing dishes.

Health benefits of mindfulness

- Improves sleep time and quality in individuals with insomnia
- Improves symptoms of anxiety and depression
- Reduces perception of pain and improves mobility in individuals with chronic pain
- Stimulates the growth of brain regions involved in memory consolidation, emotion regulation, and body awareness
- Supports long-term weight loss and improving obesity-related eating behaviors

Mindfulness apps

- [Buddhify](#)
- [Calm](#)
- [Headspace](#)
- [MyLife Meditation](#)
- [The Mindfulness App](#)



Tips to incorporate mindfulness



1. Start slowly.

Some of the challenges individuals commonly report with mindfulness practice include a lack of motivation and insufficient time. If you're new to mindfulness, you can start with meditating for one to three minutes per day, gradually building up from there.



2. Make it a habit.

Try to incorporate mindfulness practices consistently at the same time each day or week to help establish a regular routine. As with any activity, you may choose to add formal mindfulness practices to your schedule or set reminders to keep yourself on track.



3. Be patient with yourself.

Individuals new to mindfulness are often concerned about "not being able to do it" or unsure about whether they're "getting it right." Keep in mind that mindfulness practice shouldn't be focused on achieving an outcome but on the experience itself.

According to John Kabat-Zinn, a pioneer in contemporary mindfulness research and practice, "from the outset of practice, we are reminded that mindfulness is not about getting anywhere else or fixing anything. Rather, it is an invitation to allow oneself to be where one already is and to know the inner and outer landscape of the direct experience in each moment."



4. Try different types of mindfulness practice.

Discovering the mindfulness practices best suited to your lifestyle and preferences can help you stay committed long-term. Fortunately, there are many different types of mindfulness and meditation practices. You may want to try a variety of activities, ranging from informal mindfulness during your everyday activities to guided mindfulness meditation or movement-based practices, such as tai chi and yoga.



5. Engage your loved ones.

You might find it helpful to tell your family and friends about how you're incorporating mindfulness into your lifestyle. They may be able to offer social support or be interested in joining you while you learn about and practice mindfulness.

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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

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