

# Mindfulness

Science has demonstrated the benefits of Mindfulness through rigorous studies, and its use is becoming increasingly widespread as a means of reducing stress.

It is an attitude, a way of life and a way of dealing with difficulties or emotional pain that helps us feel greater well-being and inner peace.

Mindfulness is an approach developed in the 1970s that is based on ancient techniques, although it has no specific cultural or religious framework.

It involves:

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- Developing the habit of connecting our body with our mind and emotions, primarily through meditation.
- Focusing our mind on the present moment, being attentive to the experience of each moment.
- Once focused on the present, identifying our emotions and thoughts, and observing them calmly.
- Avoiding being controlled by recurring or painful emotions and thoughts.

Mindfulness has been shown to help:

- Recognise, slow down or interrupt automatic habitual reactions.
- Respond more effectively to complex or difficult situations.
- See situations more clearly.
- Be more creative.
- Achieve balance and resilience in work and personal life.

## How do I get started?

For 5 minutes, put aside whatever you're doing and take a moment to stop, breathe



and observe what's happening in your body, what sensations you are experiencing, what you're thinking...

Doing this mindfully helps you break out of the cycle of acting on autopilot, brings you into the present moment, and helps you clear your mind and relax.

At home, you can practise this exercise every day:

1. Take 5 slow breaths in and out to relax.
2. Close your eyes.
3. Become aware of your body by scanning it from head to toe and noticing any sensations.
4. Perform a second, deeper scan of your body, pausing at each part of your body. Try to relax any tense areas.



If you practise for a few minutes every day, little by little you will start to feel calmer, with greater mental clarity and better control of your emotions.