

Mindfulness



MINDFULNESS SEEKS TO DEVELOP AND NOURISH PRESENT MOMENT AWARENESS.

What is mindfulness?

It is the practice of: stepping back from being lost in thought; bringing your attention fully into the present moment; observing whatever arises in awareness with friendly curiosity and it is accepting of whatever arises be it pleasant or unpleasant

Mindfulness practice leads to:

- Less worry about the past or future
- Less criticism of self and others
- More acceptance of the present moment as it is
- A different way of relating to and coping with sensations, emotions, thoughts and feelings.
- A greater sense of being a part of life

What are the health benefits of Mindfulness?

- Blood pressure normalised
- Heart rate lowered
- Cardiovascular effectivity increased
- Enhanced immune system
- Reduced stress and anxiety
- Improved sleep and concentration
- Stomach and Bowel function improves
- Pain is easier to cope with
- Aging process decreased

Bridge of Hope offers mindfulness training in various programme styles. Contact the team for more details.



Bridge of
HOPE

For training queries contact

MARY STANTON
Training Co-ordinator
McSweeney Centre
Henry Place, Belfast BT15 2BB
028 9032 2289
mary.stanton@ashtoncentre.com

For other enquiries contact

IRENE SHERRY
Head of Victims & Mental
Health Services
028 9074 6737
irene@ashtoncentre.com

Bridge of Hope
A department of
Ashton Community Trust

www.thebridgeofhope.org