

# The Wellness Express™

Jump on the train to good health

Issue 2, July 2014

## Mindfulness

Presented by: Total Health Systems

### Introduction

The Oxford dictionary states that mindfulness is the state of heeding or taking care; of being conscious.

Mindfulness is a form of meditation originating in Buddhism. Meditation is not associated with any specific type of religion today and is used instead as a method of training your mind to handle your emotions. Assuming a restful posture, not necessarily sitting cross-legged, focusing your breathing and consciously relaxing your muscles let your thoughts drift in and out of your mind where you can observe them but not react to or judge them. It is a method of training the mind to allow you to handle emotions.



Mindful meditation has been found to help obsessive-compulsive disorder, anxiety, drug addiction, quitting smoking as well as helping people with depression from falling back into a depressed state.

While meditation stemmed from Buddhism the western practice of mindfulness has been attributed partly to Jon Kabat-Zinn who developed a program called Mindfulness-Based Stress Reduction (MBSR).<sup>1</sup> He began the program in 1979 at the University of Massachusetts Medical School. Many programs used today are based on MBSR and used in schools, hospitals, prisons and with war veterans suffering from post traumatic stress disorder.

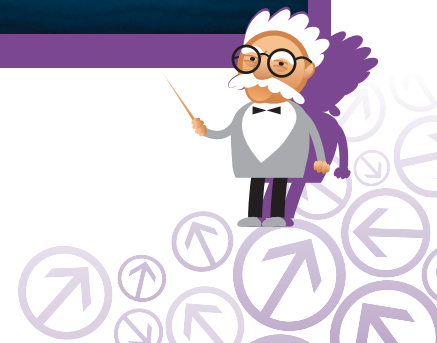
MBSR teaches how to relate directly to what is happening in your life, to work with your stress, pain, illness and demands of life. To acquire a balanced “self” of health and wellness in mind and body requires *awareness* and Mindfulness-Based Stress Reduction is intended to help you find this awareness within yourself.



**A balanced  
“self”**



Presented by: 43740 Garfield Road, Clinton Township (586) 228-0270  
28098 23 Mile Road, Chesterfield (586) 949-0123  
57911 Van Dyke Road, Washington (586) 781-0800



Back in 1971 Claudio Naranjo noted that “The word ‘meditation’ has been used to designate a variety of practices that differ enough from one another so that we may find trouble in defining what meditation is.<sup>2</sup> There is no worldwide definition of meditation as the word is often used to designate many different types of mindfulness found in many cultures and traditions and as one study indicated there was a “persistent lack of consensus in the literature”<sup>3</sup>

Definitions of mindfulness are typically selectively interpreted based on who is studying it and how it is applied. Some have viewed mindfulness as a mental state, while others have viewed it as a set of skills and techniques.

Practicing meditation on a regular basis has been found, through scientific studies, to relieve anxiety, irritability and depression and bring lasting

changes in a person’s mental well-being as well as physical health in many cases. It has been found that those who meditate on a regular basis do not need medical care or hospitalization as often as those who do not practice meditation.

Anyone is able to meditate, though some may find the practice easier than others and you don’t have to spend a great deal of time at it. You may find that just trying to meditate will give you a few minutes of peaceful contemplation each day. Meditation is also said to improve sleep and enhance the memory. With practice you can achieve a sense of inner peace in this hectic world we live in.

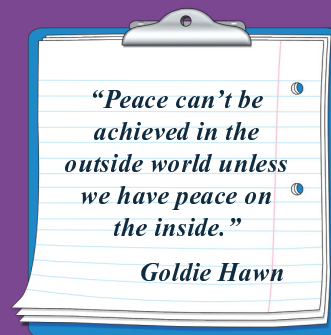
There are many books on the subject of mindful meditation to help you achieve inner peace, some of which are listed below.<sup>4</sup>



Disclaimer: Information contained in the The Wellness Express™ newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

Copyright 2014 - The Wellness Express™

## Quote to Inspire



## References and Sources:

1. The Stress Reduction Program”, founded by Dr. Jon Kabat-Zinn in 1979
2. Claudio Naranjo (1972, originally published 1971) in: Nranjo and Orenstein, *On the Psychology of Meditaion*, New York, Viking
3. Kenneth Bond, Maria B. Ospina, Nicola Hooton, Liza Bialy, Donna M. Dryden, Nina Buscemi, David Shannahoff-Khalsa, Jeffrey Dusek & Linda E. Carlson (2009). “Defining a complex intervention: The development of demarcation criteria for “meditation” *Psychology of Religion and Spirituality* (American Psychological Association) 1 (2): 129-137. doi: 10.1037/a0015736. (a journal published by the American Psychological Association.
4. Mindfulness For Health – Vidyamala Burch & Danny Penman \*  
Mindfulness – Finding Peace in a Frantic World – Mark Williams & Danny Penman \*  
Full Catastrophe Living – Jon Kabat-Zinn  
Coming to Our Senses – Jon Kabat-Zinn  
\* (Can be ordered at - Shopping For Best Prices.com)

**Writer:** Sandra Taylor  
**Design:** Maria Camille Almirañez  
**Production:** Troy Butler