



NEIST POINT LIGHTHOUSE - MIKE SMITH (UNSPLASH)

Mindfulness "A STATE OF NON-JUDGEMENTAL ATTENTIVENESS TO & AWARENESS OF MOMENT-TO-MOMENT EXPERIENCES"*

some research around *Mindfulness*

- RESEARCH SUGGESTS THAT FORMAL MINDFULNESS PRACTICES CAN HELP REDUCE STRESS AND IMPROVE THE REGULATION OF EMOTIONS*
- SOME STUDIES HAVE FOUND MINDFULNESS PROGRAMMES TO BE BENEFICIAL TO REDUCING BLOOD PRESSURE AND INCREASING CARDIOVASCULAR HEALTH*
- ONE THEORY AS TO WHY MINDFULNESS CAN BE HELPFUL IS THROUGH THE SELF-REGULATION OF ATTENTION & ADAPTING YOUR PERCEPTIONS TO BE MORE ACCEPTING*
- CURRENT RESEARCH IS EXPLORING HOW VIRTUAL REALITY & TECH CAN SUPPORT MINDFULNESS

how you could incorporate *Mindfulness* in everyday life

- TAKE SMALL MOMENTS OF BEING MINDFUL OF YOUR BREATH AND SOUNDS AROUND YOU WHILST DOING ACTIVITIES (WALKING, CHORES, BEING CREATIVE) OVER THE DAY
- LET YOUR MIND WANDER WHILST YOU'RE WAITING FOR THINGS
- GIVE MEDITATION A TRY, THERE ARE PLENTY OF GUIDES & APPS FREELY AVAILABLE!

*find out more resources, research & the references

DEVELOPED WITH [OLIWIA LEWANDOWSKA](#) & THE AWARD-WINNING [SCIENCE CEILIDH](#) WHO EXPLORE SCIENCE, ARTS, CREATIVITY, RESEARCH & WELLBEING ACROSS SCOTLAND. CONTACT DETAILS & REFERENCES AVAILABLE ONLINE

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