

### *Additional Resources*

Webpage of the Oxford Mindfulness Centre  
[www.oxfordmindfulness.org](http://www.oxfordmindfulness.org)

Webpage of the NHS  
[www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx)

### *Free Mindfulness Audios*

Webpage of Free Mindfulness  
[www.freemindfulness.org/download](http://www.freemindfulness.org/download)

Webpage of Mindfulness: Finding Peace in a Frantic World  
[www.franticworld.com/free-meditations-from-mindfulness](http://www.franticworld.com/free-meditations-from-mindfulness)

Our team of Clinical and Counselling psychologists provides services to address the psychological and mental health needs of children, adults and families.

We are registered with the Health and Care Professions Council (HCPC), the British Psychology Society (BPS) and are a registered provider to BUPA. We have professional and public liability insurance cover and enhanced DBS checks.

For more information about Shrewsbury Psychology Centre and our work with schools please contact us:

**01743 233287**

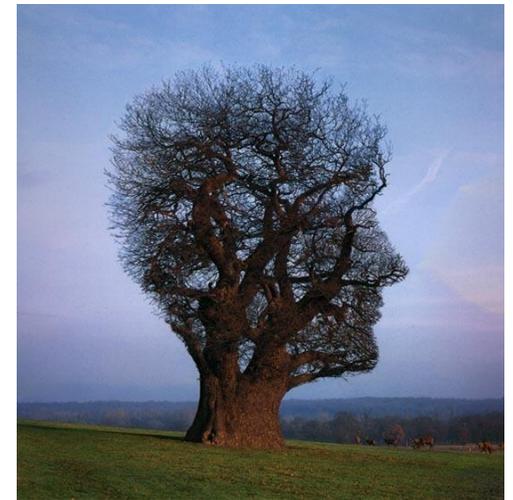
**[info@shrewsburypsychologycentre.co.uk](mailto:info@shrewsburypsychologycentre.co.uk)**

or

have a look at our webpage

**[www.shrewsburypsychologycentre.co.uk](http://www.shrewsburypsychologycentre.co.uk)**

## Mindfulness Information Leaflet



*“When you realize there is nothing lacking, the whole world belongs to you”*

- Lao Tzu

# Stress, Anxiety and Relaxation

## Mindfulness

## Everyday Life Use

### *Tackling stress and anxiety*

We live in a fast-paced and ever-changing world in which the demands placed on us are constantly increasing – no wonder so many of us feel stressed.

So how do you tackle your stress and your anxiety?

Well, there are many ways that can help you reduce both stress and anxiety levels

- Physical activity
- Spending time with friends and family
- Seeking professional help (GP, Psychologist, Counsellor)
- Relaxation techniques (Mindfulness, Progressive Muscle Relaxation, breathing exercises)

This leaflet focuses on mindfulness as a technique to reduce stress and anxiety. However, if you would like advice on other ways to reduce your stress and anxiety please contact us.

### *What is Mindfulness?*

The concept of Mindfulness stems from ancient elements of Buddhist tradition. It is the practise to bring one's attention to internal and external occurrences taking place in the present moment, often achieved by different methods of meditation.

Inspired by these practices Professor Mark Williams of Oxford University co-developed mindfulness-based cognitive therapy (MBCT), which has proven to be as effective as drugs in treating and preventing depression. A lot of the techniques used in MBCT proved to be helpful as well for those who are not struggling with clinical depression but still wish to find more peace and relaxation in their stressful daily lives.

As with all things worth learning Mindfulness takes some practice to master. Don't worry if at first you keep getting distracted and find it hard to relax or be in the moment. Be patient with yourself.

### *How to be more mindful*

- *Notice the Everyday:* Get in the habit of paying attention to small things. The wind on your face, sounds, smells, tastes you would normally not notice
- *Keep it regular:* Pick one time, task or occasion each day during which you want to be consciously aware of the world around you and how it effects you
- *Try something new:* Simple acts like eating at a new restaurant can help you perceive the world differently
- *Watch your thoughts:* The goal is not to get rid of thoughts that make you anxious or stressed but rather to notice when and why they occur and to understand you don't have to follow them
- *Meditate:* Make time to just sit quietly and pay attention to signals of your body, breathing. Whenever your mind starts to wander escort it back to the moment