

Mindfulness

“The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.”

Mindfulness is a term stemming from the *Pali* language whereby *sati* is combined with *Sampajana*, and this term is translated to mean awareness, circumspection, discernment, and retention (Black, 2011). Buddha taught mindfulness in the *MahasattipathanaSutta*, which voices the four foundations of mindfulness 1) the contemplation of the body, 2) the contemplation of feelings (pleasant, unpleasant, and neutral sensation), 3) the contemplation of the state of mind (including thoughts and emotions), and 4) the contemplation of mind object(suffering, impermanence, emptiness)(Johnson, 2007).

Mindfulness has been introduced into modern Western medical system through the pioneering work of Jon Kabat-Zinn and others; it has recently become a focus of interest in the health sciences, educational field and even in corporate industries.

In simple terms, Mindfulness is the human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

How do I practice mindfulness and meditation?

1. **Set aside some time**
2. **Make sure the environment is quiet**
3. **Observe the present moment**
4. **Let the thoughts pass by**
5. **Be kind to your wandering mind.**

It's important to remember to be comfortable (sit or lie down) while practising mindfulness and if you notice your thoughts wandering away, slowly bring back your attention to the present moment without judging your thoughts.

There are several mobile applications available to learn and practice mindfulness:

1. Headspace
2. Calm

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