

*"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment..."*  
- Jon Kabat-Zinn

## **The History of Mindfulness**

Mindfulness is a mental state achieved by focusing one's awareness or mind on the present moment, calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. The origins of mindfulness practice can be traced as far back as 1500BCE and aspects have been used across Buddhist, Christian, Dao, Hindu, Jewish and Muslim faiths.

In the 1970s, Eastern philosophies and practices like meditation started to gain popularity in the West. It was at this time that the MIT (Massachusetts Institute of Technology) trained Jon Kabat-Zinn started investigating mindfulness from a scientific perspective. He became a pioneer in using mindfulness within a clinical setting, establishing a program at the University of Massachusetts Medical School. The program has now been running for almost 40 years and has been replicated in more than 700 hospitals worldwide.

Today, mindfulness is most commonly used in psychology, to treat depression, anxiety and chronic pain. It has been shown to improve cognition and assist with emotion regulation as well as helping people recover from strokes and brain injury. The result of practicing mindfulness is increased calmness and wellbeing.

## **Mindfulness Benefits**

Mindfulness enhances emotional intelligence, self-awareness and the capacity to manage emotions and can also deliver benefits such as:

- Reduced Stress
- Lower Blood Pressure
- Improved Memory
- Decrease in Depression and Anxiety

