

The Mindfulness and Relaxation Centre at Beaumont Hospital

Patient Information Handout: Mindfulness

What is Mindfulness?

Mindfulness (also called mindfulness meditation) is a practice of staying in the moment, without judgement. It involves working to be fully present in the here and now, instead of thinking about the past or worrying about the future. Mindfulness has developed from a tradition of meditation, and is used in hospitals and health care settings around the world to help people cope with physical and emotional difficulties.

Mindfulness is about paying attention to what is happening RIGHT NOW. This can mean a simple sitting meditation where you gently concentrate on your breath, or an exercise in mindful movement when you pay attention to how your body is moving (walking or stretching) without judgement.

Mindfulness exercises often start with a mindful body scan, when you attend to how your body is feeling without trying to change it.

Mindfulness is not a strategy for relaxation. It is, instead, a pathway towards acceptance.

Why should I do it?

Research shows that people who have a regular mindfulness practice have better health outcomes and a better quality of life. Mindfulness is often used in hospital settings with people who have a wide range of physical illnesses or symptoms. There is also very good research that shows when people have a regular mindfulness practice, they feel better able to cope with difficult feelings over time.

Where can I find more information?

Beaumont Hospital has a free online resource with recordings of mindfulness exercises you can try created by Beaumont Hospital employees. It also has explanations and suggestions for further reading. Check out the Mindfulness and Relaxation Centre at Beaumont Hospital:

www.beaumont.ie/marc