

How **mindfulness** helps your brain



What is mindfulness?

Mindfulness is the quality of being fully present and aware of your thoughts, feelings, bodily sensations, and surroundings without judgement. Unlike meditation, it isn't confined to a specific practice or place — it can be woven into everyday activities such as eating, walking, or talking.

Its purpose is to bring acceptance, focus, and presence into each moment, helping you engage more fully with life as it unfolds.

Mindfulness and the brain

Practising mindfulness has been shown to increase grey matter in the brain, which is linked to improved memory, learning, and emotional regulation. It may also help reduce activity in the amygdala, the part of the brain that processes stress and anxiety.



Benefits

Practising mindfulness can:

**Reduces stress and anxiety****Enhances emotional regulation****Improves sleep quality****Improves focus and concentration****Boosts the immune system****Promotes overall well-being**

How to practise mindfulness

1. **Find a quiet space** – Sit or lie down in a comfortable position
2. **Focus on your breath** – Notice the feeling of air moving in and out
3. **Observe your thoughts** – Let them pass without judging or holding onto them
4. **Use your senses** – Notice what you can see, hear, feel, smell, and taste
5. **Bring your mind back** – If it wanders, gently return to your breath or your senses
6. **Start small** – Begin with 2–5 minutes daily and build up over time



Mindfulness Sources

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