

# MINDFULNESS MEDITATION

## WHAT IS Mindfulness Meditation?



Mindfulness meditation means focusing our attention on our experience, without judgment. Often, the mind wanders to the past or the future, which are fraught with problems (regrets, fears). When we practice mindfulness meditation and notice the mind has wandered, we gently but firmly bring it back to the present moment by giving it something to focus on like the breath or the senses.

## HOW DOES Mindfulness Meditation help chronic pain?

The goal of mindfulness is to give you tools to stop or change this cycle.



Our thoughts, feelings, and actions...



...change the brain,...



...change our experience of pain,...



...which then changes our thoughts, feelings, and actions.

## WHY USE Mindfulness Meditation for pain?



To reduce suffering and cope more effectively

To reduce the impact of pain on our body and mind



To improve concentration, sleep, and energy levels

To become better able to learn from our experiences



To notice & enjoy pleasant moments in our day-to-day

To see new possibilities & to not let pain control our choices



To reduce reliance on medication

## **TIPS FOR** practicing Mindfulness Meditation at home



Find a space that is ideally quiet and free of distraction.



Try to integrate 'mindful breath' and 'mindfulness moments' throughout the day (e.g., when you are washing your hands, focus 100% of your attention to the feeling of warm water running on your hands).



Start with brief mindfulness meditation exercises (see below!) and increase the length of time your practice gradually.



It may be useful to take some time to remember the foundations of mindfulness: acceptance, patience, letting go, non-judgment, non-reactivity, beginners' mind (approaching each moment with fresh eyes), non-striving, and trust.

## **KEY POINTS** about Mindfulness Meditation practice

Many people find mindfulness meditation reduces their pain, but mindfulness does not always reduce pain. In fact, sometimes, paying attention to our body can lead to increased pain. It is ok to stop; it is ok to focus on the breath or something else!

Some people with a history of trauma may find that mindfulness leads to more intrusive thoughts about their past. This can help heal these difficult experiences, but it can also be distressing. Reach out if you need help.

In Ontario, you can get help 24/7 at [www.bigwhitewall.com](http://www.bigwhitewall.com). If you are an Indigenous Person you can call 1-855-242-3310 or visit [www.hopeforwellness.ca](http://www.hopeforwellness.ca).

## **LEARN MORE** about Mindfulness Meditation

Mindfulness and Chronic Pain - [www.youtube.com/watch?v=KqS9qHEWnaA](https://www.youtube.com/watch?v=KqS9qHEWnaA)

Guided Mindfulness Meditations - <https://www.tarabrach.com/guided-meditations/>

Mindful Magazine - [www.mindful.org](http://www.mindful.org)

9 Attitudes of Mindfulness - [www.youtube.com/watch?v=2n7FOBFMvXg](https://www.youtube.com/watch?v=2n7FOBFMvXg)

Online Mindfulness-Based Stress Reduction - [www.palousemindfulness.com](http://www.palousemindfulness.com)

How to- <https://davidvago.bwh.harvard.edu/how-to-meditate-links-for-guided-meditation-practice/>

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