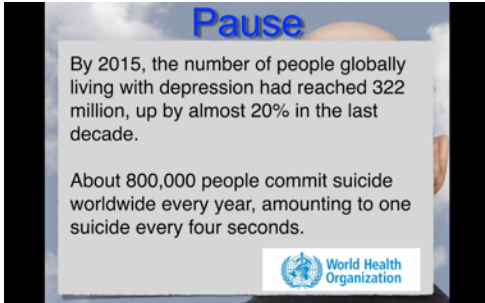
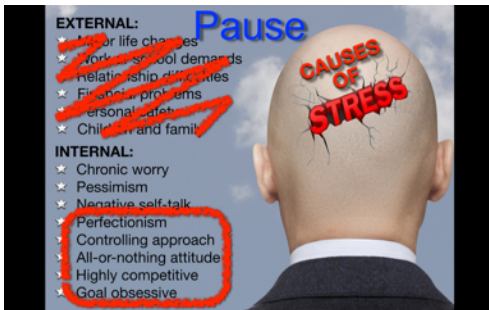


MINDFULNESS & RESILIENCE

Ever increasing levels of stress in our world are causing us to experience some massive problems. This rise in our stress levels is reflected in the problems with anxiety and depression which many people are suffering from these days. Anxiety and depression can be extremely debilitating and can even lead some people to consider suicide as an option.

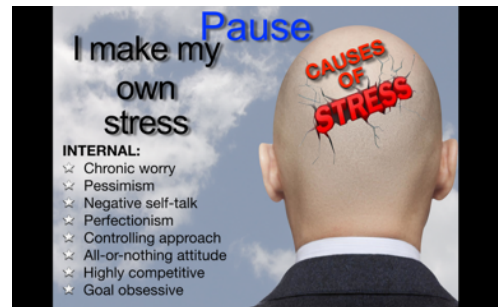


It's easy to look outside and blame external circumstances for our stress but the uncomfortable truth is that we *choose* to let things stress us. **We** are the cause of the problem and we are the only ones that can provide our own solution.

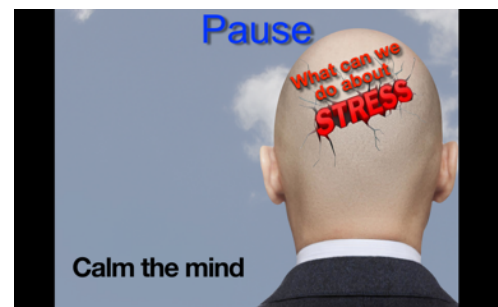


'A Type' personalities are at great risk. Those of us who are perfectionists, control freaks or goal obsessed are usually really good at pushing ourselves to achieve what we want and if we're not careful we can push too hard.

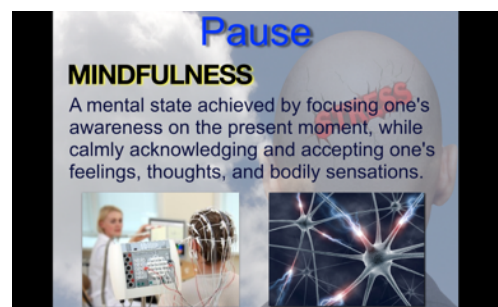
What we all need to be able to do is *calm our mind* and learn to not take what is says to us too seriously. This is what mindfulness helps us the achieve.

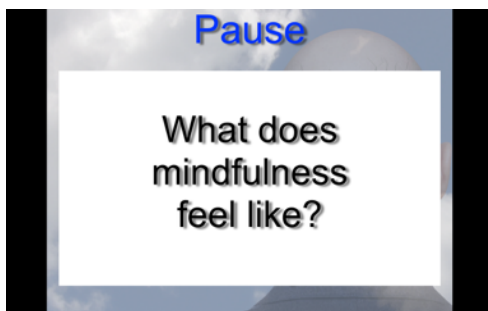


Mindfulness is a mental state achieved by **focusing our awareness on the present moment**. That means we have to be present mentally as well as physically. Being 'present in the NOW' is something many of us find extremely difficult to do and it's not helped by our dependence on modern technology. When we are reading a Facebook post we've let our mind drift out of the NOW into the past. When we type an email to someone we've let go of the now and are looking to affect something in the future.



The other part of mindfulness is **accepting our feelings, thoughts and bodily sensations** and many people feel unable to do this. As an example; if we are 'cut up' in traffic most of us will react without thinking first. We'll often take some negative action immediately and then we will re-live the situation over and over again inside our heads. This perpetuates and reinforces the stress and consequently we suffer over and over again.



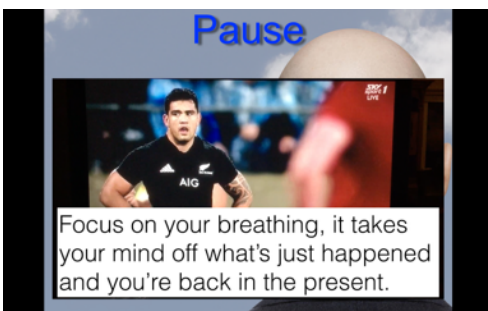


What does mindfulness feel like and how can we train ourselves to achieve it?

When we focus on the messages our senses are giving us we are automatically pushed into the now. What we need to do is focus on what we are seeing, hearing, feeling etc and by doing this we will start to slow down our mind activity and become more present.



We can't control the mind and force it to think of what we want to think about and we can't eliminate thoughts and emotions altogether. Fortunately we don't have to become a psychologist or neuro-scientist to achieve this change.



Meditation is the key to developing the necessary new mental habits. The simplest form of meditation is to **observe on the breath** (which happens in the now). This doesn't require us to *control* or *analyse* our breathing - just become aware of it. When we do this our mind will get bored very quickly and create all sorts of distractions. All we need to do is become aware that we have stopped focusing on our breathing, drop the thoughts and come back to the breath.

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Many of our top sports teams have adopted mindfulness practices to help them 're-boot' their minds during competition and deal with the high stress levels. Companies all over the world are beginning to understand the power of mindfulness and are providing their staff with **Mindfulness and Resilience training** sessions to help them deal with the ever increasing levels of stress.

For full information please visit www.johnshack.com/pause where you can watch a video, download some free ebooks and enrol for a 21 day email education campaign.