

**Mindfulness:**

**Mind Full or mindful?**



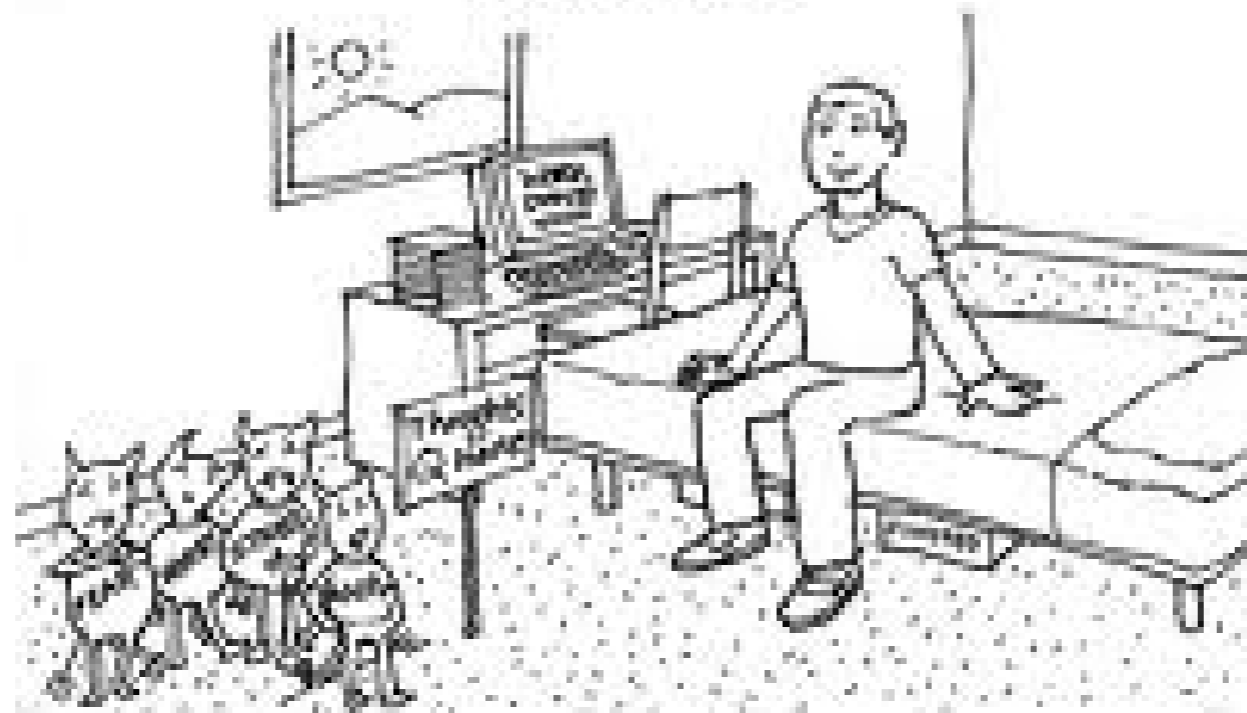
I want to learn to  
live in the moment...  
just not this moment.  
Some other moment.  
Like a moment on  
the beach.



search ID: bstrn275



Before and After





"What day is it.?" asked Pooh.  
"It's today," squeaked Piglet.  
"My favorite day," said Pooh.

# Mindfulness...

The awareness that emerges through paying attention to the here and now:

- in a particular way
- on purpose
- in the present moment
- non judgementally



# Mindfulness and dementia

Exploratory project with 12 people with dementia focusing on:

- being able to stand back from the experience of dementia
- techniques to concentrate on the 'here and now'
- benefits for family carers of learning techniques
- building on an approval programme for mindfulness based stress relief (MBSR)



# Some of the topics

- Automatic pilot
- Dealing with barriers
- Mindfulness of the breath
- Staying present
- Allowing and letting be
- Thoughts are not facts
- How can I best take care of myself
- Using what you have learned to deal with the future

# Some of the outcomes reported by individuals

- reduction in anxiety
- help with pain control
- help with coping with dementia
- help with emotions
- improved sense of self
- improved cognition
- improved sense of appreciation
- improved relationships