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## Health tip

# More mindfulness increases well-being

**Everyone benefits now and then from blocking out the world around us – it is good for our well-being and can help us get through our day-to-day lives with a greater sense of calm.**

### ► What is mindfulness?

Mindfulness means focussing one's full attention on the present moment, the here and now: concentrating on the inner self, one's feelings and the ambient sounds around us. All of this is taken in by our awareness, but without judgement or perceiving anything as positive or negative.

### ► Benefits of mindfulness

Mindfulness helps us to deal with challenging situations in both our private lives and a working context. It has positive effects on our physical health, such as our heart rate and blood pressure, as well as on our mental health, for example how we deal with stress, our general sense of well-being, how we relax, and our ability to concentrate and perform.

### ► How to practise mindfulness

Mind and body practices have an effect on both the body and the psyche, as they are interconnected and mutually affect one another.

Today, there are lots of different types of mindfulness exercises and training and therapy options to choose from, including meditations, breathing exercises, body scans and movement-based exercises such as yoga and qigong. This gives everyone the opportunity to find the right methods for them.

It is a good idea to practise mindfulness exercises regularly every day in order to benefit from their positive effects over the long term.



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