

Benefits of Mindfulness

- **Reduced Stress:** People who practice mindfulness report feeling less stressed by events and use more active coping.
- **Increased Well-Being:** Mindfulness can reduce symptoms of depression, anxiety, and emotional instability and increase self-esteem.
- **Better Relationships:** Increased empathy, compassion, kindness, and contentment among people who practice mindfulness improve communication and foster healthier relationships.
- **Pain Management:** People with chronic pain report reduced pain, fatigue, and depressed mood following mindfulness training.
- **Improved sleep:** Better sleep quality, longer sleep duration, and ability to fall asleep more easily have all been associated with mindfulness.
- **Reduced Binge Eating:** Mindfulness is a promising approach for managing eating impulses and negative emotions related to binge eating.
- **Overall Health:** Mindfulness skills are associated with better immunity, lower levels of inflammatory hormones, increases in antibodies, and fewer overall physical health complaints.



Self-awareness is an act of self-kindness. ~Rueben Lowe



About the Therapist

Jennifer Daly is a licensed clinical psychologist who has practiced therapy and mindfulness for over 20 years. She provides mindfulness training and holistic psychotherapy among adults and seniors at Clinical Associates of Tidewater in Newport News, VA. Her trainings integrate psychology, neurophysical science and mindfulness to help clients clarify their priorities and find lasting health.

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Mindfulness Skills for Improved Mental Health



WITH
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What is Mindfulness?



Mindfulness is a skill that improves your attention to the present moment such that your awareness is

increased and your mind becomes more settled. There are so many ways in which we distract ourselves every day that cultivating mindfulness may be the hardest thing you'll ever learn!

How Is Mindfulness Practiced?

Mindfulness involves focusing your mind on moment-by-moment experiences so that you can draw back from the hustle and bustle of life and calm your mind. It involves focusing your attention on an anchor—for example, your breathing—to stabilize and sustain your awareness and deepen your capacity to reflect on the here-and-now. Once you can focus on the present moment, you can pay closer attention to the things in your life that are most useful and helpful; you can live more consciously and fully *right now* in the midst of everything.

Even the most active minds can develop mindfulness.

Can Anyone Practice Mindfulness?

Mindfulness is a human capacity that is innate in all of us. Even the most active minds can develop mindfulness. But it is not an easy thing to accomplish. Most people find that their minds wander a hundred or a thousand times in ten minutes of trying to focus. This is natural. Your mind has been wandering for your entire life and that's what minds do. Mindfulness is a skill that can be developed with practice and determination. Cultivating mindfulness can help you to have more control over yourself and your life.

Does Mindfulness Improve Mental Health?

If you can be mindful in this moment, freed from burdens of your past, it is possible for the next moment to be entirely different. Taking care of each moment, moment by moment, directly and actively creates the future. You don't have to wait until you lose 10 pounds, make more money, clean your bathroom, or resolve your childhood experiences to feel stronger, calmer, happier or more grateful in your life. Mindful attention can help you to reconnect with a spacious awareness that is *already there*. When you stop taking your thoughts personally and



cultivate an openness to whatever arises, you free your mind to find the spaciousness beneath life's ups and downs. Resting in the vastness of this open space beneath your mindless doing can allow you to find joy and contentment in each moment.

How Do I Learn Mindfulness Skills?

The Mindfulness Training at Clinical Associates of Tidewater is a 4-week therapeutic group that provides basic information and skills in the practice of mindfulness. This group adds to the benefits of your individual therapy by helping you to apply mindfulness to areas of your life that you are working on right now. You will learn the ways in which thoughts, emotions, and physical health affect awareness, and you'll learn and practice basic mindfulness techniques. Simple homework assignments and group discussions will help you to apply skills in your everyday life and provide ways to cope with the challenges of settling your mind in your busy life.

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