What is Mindfulness

**Who is Mindfulness for?**

We live in a world of constant busyness, there is always another job to be done or a goal to achieve and it can often feel like we are just rushing through, rather than really living our lives.

 If you feel that you spend a lot of time caught up in your thoughts, worrying about the future, or dwelling on the past, or would like to learn how to respond to difficulties in a different way from how you may have approached things in the past, Mindfulness may help.

​It maybe you feel stressed, anxious or just feel that life has lost its sparkle. Or you may just be curious to try something new for you!



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**What are the benefits of Mindfulness?**

Practicing mindfulness can help you manage stressful situations more effectively and have an opportunity to gain a greater understanding of how our minds work.

Many people who practise mindfulness find that it brings them a sense of calmness, and there can be an increased sense of well-being and happiness.

