

A guide to
mindfulness.

We asked **four**
doctors to
explain how you
can improve
your health by
becoming more
mindful.

Dr Katie Amelia

@drkatieamelia



Dr Helen Garr
[@thewellbeinggp](#)



Dr Katie Joyce

@themindfulmedic



Dr Faiza Khalid

@thelifestylemedic

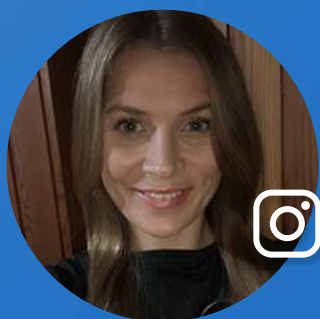




What is
mindfulness?

“I like to define
mindfulness as an
**awareness of your
current self.**

Essentially focusing
on your present you,
including your
thoughts, feelings
and breath.”



Dr Katie Joyce



@themindfulmedic

“Mindfulness is a form of attention and awareness training that helps you relate more effectively to your experiences and **change the way they think and feel** about them.”

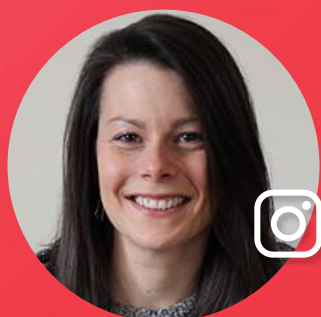


Dr Faiza Khalid



@thelifestylemedic

“Being mindful
means **bringing your
awareness to the
present moment,**
both to yourself and
to what is going on
around you.”

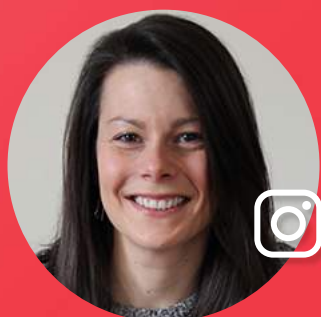


Dr Katie Amelia



@drkatieamelia


“By doing this consciously and non-judgmentally, it helps us **view our thoughts, feelings and situation with more clarity.** We’re not clouded by the past or worrying about the future.”



Dr Katie Amelia



@drkatieamelia



How can
mindfulness
help you?

“People who practice mindfulness sleep better, are happier, less worried, more positive, have better focus and **overall improved wellbeing.**”



Dr Helen Garr



@thewellbeinggp

“A busy life is very stimulating for your brain, and this in itself can be anxiety provoking. By just stopping and practising mindfulness you can halt some of these thoughts.”



Dr Katie Amelia



@drkatieamelia

“There are huge benefits of practicing mindfulness, from a reduction in symptoms of anxiety, to lowering of blood pressure and reducing the body’s immune response to stress.”



Dr Faiza Khalid



@thelifestylemedic



How can
someone
practice
mindfulness?

“It’s as simple as ABC.”



Dr Faiza Khalid



@thelifestylemedic

“A is for awareness of what you’re thinking and doing, and what’s going on in your mind and body.”



Dr Faiza Khalid



@thelifestylemedic

“**B** is for just being
with your experience.”



Dr Faiza Khalid



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“C is for seeing things
and responding more
wisely.

By creating a gap
between the
experience and our
reaction to it, we can
make wiser choices.”



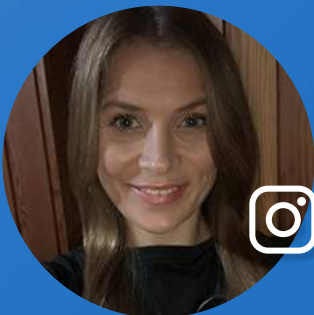
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“The most simple and effective way is a breathing exercise.

Find yourself a quiet place, set a timer for 10 minutes, sit down and get comfortable, close your eyes, and breathe in and out.”



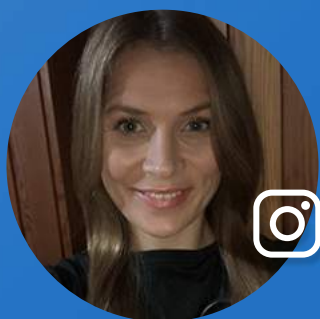
Dr Katie Joyce



@themindfulmedic

“You’ll be aware of your thoughts, feelings and also the world around.

Naturally some of these will grab your attention. **Bringing your attention back** to your breath allows you to focus on the here and now.”



Dr Katie Joyce



@themindfulmedic



How has
mindfulness
helped you
or your
patients?

**“I prescribe
mindfulness every
day and often do a
2-minute mindful
practice with
patients. People with
anxiety, low mood
and stress benefit as
well as those with
pain and chronic
conditions.”**



Dr Helen Garr



@thewellbeinggp

“But you don’t have to be experiencing an illness to benefit from mindfulness, **we can all benefit** from increased well-being from practising regular mindfulness.”



Dr Helen Garr



@thewellbeinggp

“I use mindfulness when I’m eating. It’s about developing awareness of your experience. **No smartphones** are present, which helps focus, appreciation and listening to my body when i’m full.”

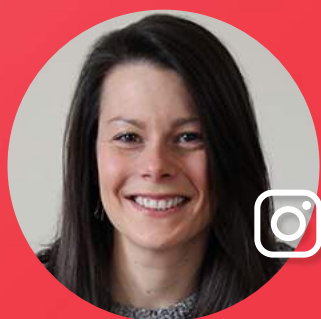


Dr Faiza Khalid



@thelifestylemedic

“It’s a great help managing anxiety for students by bringing awareness back to the present to help put things in perspective and give more control over unhelpful thoughts and feelings.”



Dr Katie Amelia



@drkatieamelia