

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

@drkatiejoyce



Dr Faiza Khalid

@thelifestylemedic



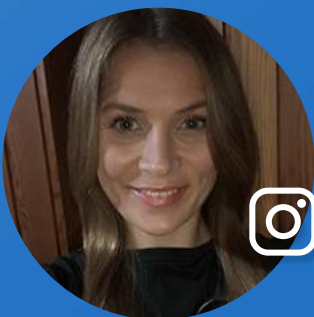


What is  
**mindfulness?**



“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



@drkatiejoyce

“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.”

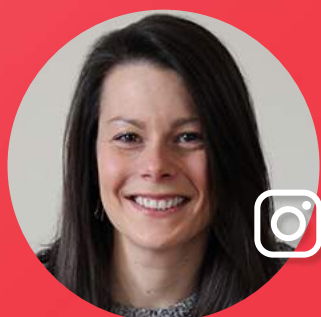


Dr Katie Amelia



@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.**”

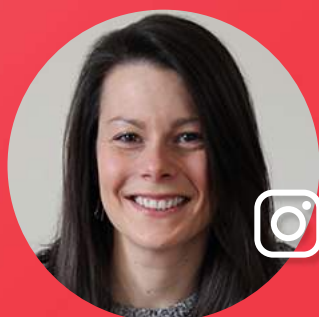


Dr Helen Garr



@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.”



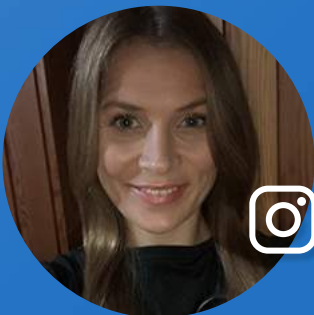
Dr Faiza Khalid



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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.”



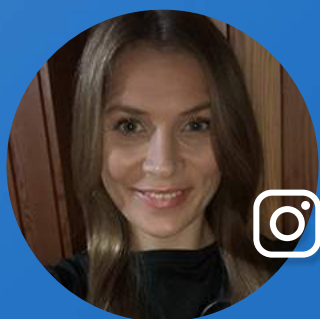
Dr Katie Joyce



@drkatiejoyce

“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



@drkatiejoyce



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.”

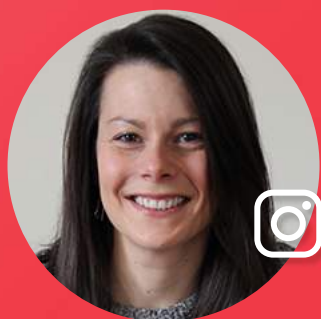


Dr Faiza Khalid



@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

**Live in the  
moment  
& be well.**

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[Instagram.com/pushdoctor](https://www.instagram.com/pushdoctor)  
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