

JUNE

Mindfulness Works: Here's Why



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WHY JOIN OUR MEMBERSHIP?

Just £10 ~for a 6 month trial period~

Enjoy our membership package with free fortnightly teachings, access to our library of teachings and a dedicated members' website.

1

Set an intention this month to grow your motivation to practise mindfulness, by focusing on the evidence-based benefits.
We hope this calendar will help you.

2

Our motivation for practising mindfulness meditation is important, because our 'reasons why' are what move us to practice each day.
What are your key motivations?

3

CHRONIC PAIN RELIEF?
Research suggests that mindfulness meditation improves pain and depression symptoms as well as our quality of life.

4

LOW SELF ESTEEM?
Research suggests that there are positive correlations between levels of mindfulness and self-esteem.

5

MENOPAUSE?
Research suggests that mindfulness meditation can improve the qualitative of life of menopausal women.

6

HEALTHY LIVING
Research suggests that mindfulness is positively associated with physical activity, healthy eating and sleep.
Is this your experience?

7

FREE GUIDED MEDITATION
Why not put your motivation into action and join us for one of our free online guided daily sits at 10.30am & 7pm. Visit our home page for the link.

8

REDUCE CHRONIC STRESS
Many of us are experiencing chronic stress in our lives. Research suggests that mindfulness meditation reduces levels of stress-markers: cortisol, systolic blood pressure and heart rate.

9

HEALTHY AGEING
The enzyme telomerase is associated with healthy aging. Research suggests that mindfulness meditation leads to increased telomerase activity.

10

Research suggests that mindfulness meditation improves physical and mental wellbeing.
Reflecting on your own experience – is this what you have noticed?

11

Research suggests that *long term* mindfulness meditation practice leads to increased benefits.
Can we support you with our long term in-depth courses?

12

RAISES SELF-ESTEEM
Research suggests that practicing mindfulness meditation can improve self-esteem.
Is this your experience?

13

REDUCTION of CHRONIC PAIN
Research indicates that mindfulness practitioners are able to reduce pain unpleasantness while in a mindful state.
Have you experienced this?

14

BOOST SELF-ESTEEM
Research suggests that the increase in non-judgement through mindfulness meditation reduces focus on past negative beliefs and critical thoughts about self.
This can boost self-esteem.

15

EASE THE STRESS
Why not join us for one of our free online guided daily sits at 10.30am and 7pm.
Visit our home page for the link.

16

EMBRACE MENOPAUSE?
Research suggests that mindfulness meditation has a role in supporting the psychological adjustments that help women to embrace this time of change.

17

DE-STRESS STRATEGY
Research suggests that mindfulness is a powerful adaptive strategy that may protect middle-aged and older adults from the harmful effects of stress on mental health.

18

Research suggests that those who establish a regular practice of mindfulness meditation practice benefit the most.
Can we support you with our long term and in depth courses?

19

MIND PROTECTION
Research suggests that a regular mindfulness meditation practice, including loving kindness and compassion is protective against Alzheimer's disease.

20

LONELY?
Research suggests that mindfulness meditation can reduce loneliness.
We have a community of practice both online and in-person, waiting for you to join us.

21

REDUCE EXPERIENCE of PAIN
Research suggests that in a mindful state pain is reduced because of increased body awareness and decreased cognitive control of the pain.

22

AGE WELL
Research suggests that mindfulness facilitates healthy aging.

23

HEALTHY LIVING
Research suggests that mindfulness based interventions may be efficacious for stopping smoking and losing weight.

24

FEELING ISOLATED TODAY?
Why not join us for one of our free online guided daily sits at 10.30am and 7pm.
Visit our home page for the link.

25

ANXIETY?
Research suggests that mindfulness meditation can reduce anxiety.
Is this your experience?

26

PROCRASTINATION
Research indicates that mindfulness meditation can reduce the risk for poor emotional and physical wellbeing for those who are prone to procrastination.

27

The Mindfulness Association is unique in providing long-term meditation training in mindfulness, compassion, insight and wisdom.
Can we support you with our long term and in-depth courses?

28

RUMINATION
Research indicates that mindfulness meditation can increase overall wellbeing and decrease rumination.
Is this your experience?

29

HAPPINESS
The activity of the brain's default mode network correlates with unhappiness.
This activity is reduced in experienced meditators.

30

REFLECT BACK OVER THE MONTH
How has a focus on the evidence based benefits of mindfulness meditation changed your motivation?

JOIN OUR FREE GUIDED MEDIATIONS

10.30am & 7pm Monday-Friday

Find the link on our homepage.