The Many Faces of Mindfulness and Meditation

Meditation and mindfulness have become familiar terms in our culture during the past year.

During the various COVID-19 lockdowns and restrictions there has been a dramatic rise in online fitness participation. Yoga, which is closely linked to these concepts, is one of the most popular exercise programs offered online and in fitness facilities due to the fact that it doesn't require any equipment and can be easily practiced in the home. (Wei)

Yoga is rooted in 5000 years of Indian texts and traditions. Over time Yoga, along with meditation and mindfulness practices, have expanded and are now a part of many cultures throughout the world.

The history of Yoga may not be new information to many, however there are other uses in our society which might not be as familiar.

For instance, combat troops, law enforcement, and firefighters/paramedics often make use of mindfulness and meditation techniques prior to entering potentially lethal and traumatic situations. Breathing is the most common technique taught to first responders. Breath is a powerful tool which has been used by practitioners for thousands of years. (Yeoman)

Corporations have implemented mindfulness and meditation training and workshops for both executives and their employees. Forward thinking executives know that such programs improve productivity, creativity, as well as quality of life and wellness for the individual and corporation. (Dube)

Health providers regularly prescribe meditation and mindfulness for both physical and mental illnesses to their patients. This practice has been around for a while in one form or another. It was common in the 1970s for doctors to tell patients with heart disease to get an aquarium to tend and observe fish, to reduce stress. Looking at fish in an aquarium is just another example of mindfulness. (Puff)

PTSD (Posttraumatic Stress Disorder) has become a well-known problem in our society for war vets, first responders and victims of various types of trauma. The grounding techniques used to mitigate the symptoms associated with PTSD are forms of mindfulness. For example, when triggered by past traumas those with PTSD are taught to name the colors of objects in a room or name the causes of the sounds they are hearing in the moment. (Bullock)

You do not have to practice yoga, to be a first responder, medical patient, or corporate executive, to reap the benefits of mindfulness and meditation. However, there are many practical benefits to be gained from implementing mindfulness and or meditation techniques into your lifestyle. Practicing mindfulness doesn't have to take up much time, as long as some consistency can be maintained.

Visit the link below to find the various meditation/mindfulness articles and videos offered by Curtis Health on Thrive:

https://curtishealth.com/thrive

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