

Mindful Monday Message #14 – 08 August 2016

One of the things I occasionally hear from mindfulness sceptics is that it is “soft”, “fluffy” or “hippy”. The important response to this comment is that although mindfulness is based on ancient wisdom, it has an ever-increasing solid scientific evidence base. This evidence comes from a variety of disciplines, in particular cognitive psychology, human performance science and organisational systems. For those interested in perusing the relevant literature there are many examples of thorough evaluations of randomised controls coming from the findings of neuroscience and evidence from brain-imaging research. Mindfulness is a totally secular discipline that has as one of its side-effects, relaxation.

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