



Successful Mindfulness cases

A recent survey by the Portuguese National Health Service, showed that the technique is as effective as drugs in combating depression. Two other studies, from the University of Southern California and the University of Minnesota, proved that mindfulness was also equal to drugs in the fight against insomnia.

The practice of meditation is still very much associated with relaxation and people who want to lead a more “zen” lifestyle. But this stereotype is being broken day by day by research that shows the benefits of meditation go far beyond relaxation.

This was the case of physical therapist “Maria”, 42 years old, who discovered mindfulness in October last year. Married with two children, she divides her day between work, children, husband and home. “The practices taught me to pay more attention to the present moment, without thinking about the past and the future all the time. This greatly reduced the level of anxiety and stress. Meditation helped to focus on the inner world, helping me to pay more attention internally at a time when everything pulls us towards the external world”, she says.

“Maria” was attracted to the technique by curiosity and noticed a big difference not only in her daily life, but mainly in her view of the world. “I’ve become more relaxed, I’m less irritated, I have more emotional self-regulation and more kindness to my limits and the limits of others. I became aware of the way I process things. This helps me not to make the same mistakes”, she says.

The explanation for the success lies in the self-control that the technique provides. “It’s very human nature to want to get rid of discomfort right away, and the drug provides that. Mindfulness practices helped me to get off autopilot. The technique helps people to live with a cigarette craving without having to react to it”, she says.

Another successful case happened with “Daniel”. He said that on the way to work, on a coffee break or performing simple everyday tasks, it was common to find himself thinking about a thousand and one things at the same time, involuntarily. These kinds of daydreams of the mind can get worse as routine and commitments take a toll

In order to overcome all these thoughts, “Daniel” started have mindfulness sessions. “After some sessions with mindfulness techniques, I discovered some exercises in mind management that helped me a lot to overcome all my questions and anxiety nebulous thoughts”, he said.

“From the moment I worked on self-knowledge and look at myself, I work intimately with mindfulness focused on myself and on my essence”, he said.

These two cases helped us understand that the mindfulness techniques can have a positive influence in people’s life and can even change, for the better, some daily routines that could cause stress and could even become a big health problem.