

Be Mindful Transcript: Introduction Module

Title: Introduction to Be Mindful, 0-00 Video File

Timestamp	Transcript
00:00:01.400 --> 00:00:07.600	Hello, and welcome to Be Mindful, an online course for learning and practising mindfulness.
00:00:08.400 --> 00:00:14.600	My name is Ed Halliwell, I'm a mindfulness teacher and I'll be working with you throughout the course.
00:00:14.900 --> 00:00:21.500	Hello I'm Tessa Watt, I'm also a teacher of mindfulness and I'll be joining with Ed to lead you through the course.
00:00:22.200 --> 00:00:37.100	This course is designed to help you bring awareness to life, and to manage difficulties more skilfully. Everyone faces challenges at some time or another, and we could all benefit from tools that can help us work with them better.
00:00:38.200 --> 00:01:00.500	A lot of the strategies that we habitually use to try and manage problems, actually aren't that helpful. When we get stressed, sometimes we might try harder and harder to keep things under control. This can mean we start desperately juggling everything in our lives, thinking things over and over, and reacting impulsively.
00:01:01.000 --> 00:01:16.100	At other times, we might try to push away our stress, fighting the feelings and thoughts that come up, in the hope they'll disappear. That doesn't usually work either. But there is another approach we can take.
00:01:16.400 --> 00:01:25.200	Stress and challenges are a part of life. In this course, we'll be showing you a different way of handling them and discovering how to enjoy our life more.
00:01:25.300 --> 00:01:48.800	Mindfulness means paying attention, to our thoughts, feelings and body sensations, and the environment. With mindfulness, we gently bring awareness to our experience in each moment. By being present in this way, not forcing things or hiding from them, but actually being with them, we create space for new ways of responding.
00:01:49.200 --> 00:01:58.800	We may not always have full control over our lives, but we can work with our minds and bodies, learning how to live with more appreciation and less anxiety.
00:01:59.000 --> 00:02:20.700	The mindfulness practices contained in this course aren't new, they've been around for thousands of years. But recently, scientific research has been showing how useful they are for reducing stress, anxiety and

depression, helping people manage a wide range of physical conditions, and for our general wellbeing.

00:02:21.000 --> So mindfulness isn't useful just if you're feeling stressed or ill, it can help
00:02:45.000 any of us enjoy a more wakeful, healthier, happier life. You don't have to be stressed at the moment to take this course. Actually, it can be particularly useful to do when you aren't stressed, as you'll be developing skills that you can then use more easily when things get tough.

00:02:45.600 --> Mindfulness isn't a quick fix. Part of the practice is being willing to let go of
00:02:58.800 instant solutions. But if you're motivated, a fresh perspective can begin to emerge. It can extend to the whole of our life.

00:02:58.900 --> When we start practising mindfulness, we're embarking on a journey that
00:03:06.500 can help us to live more fully, to really be alive.

00:03:06.600 --> We look forward to seeing you on the course, and sharing that journey with
00:03:11.600 you over the coming weeks.

End of 0-00