

# Mind

## › Mindfulness Matters

### How to look after your mental health using mindfulness

Did you know that, according to a recent report, mental health in South Africa is ranked among the worst in the world with a mental health quotient score of 46%. As we move into October, Mental Health Awareness Month, these numbers point to a growing need for techniques to help us all cope.

Fortunately, there is light at the end of the tunnel as simple changes in lifestyle can lead to improved mental wellbeing. Mindfulness is one such practice—with strong research supporting its usefulness for those suffering from anxiety, depression, or even just daily stress.



### What is Mindfulness?

Mindfulness is simply an awareness of the present moment, with an attitude of openness and acceptance. This simple practice can change our habitual reactions and emotional patterns and bring in a new perspective.



