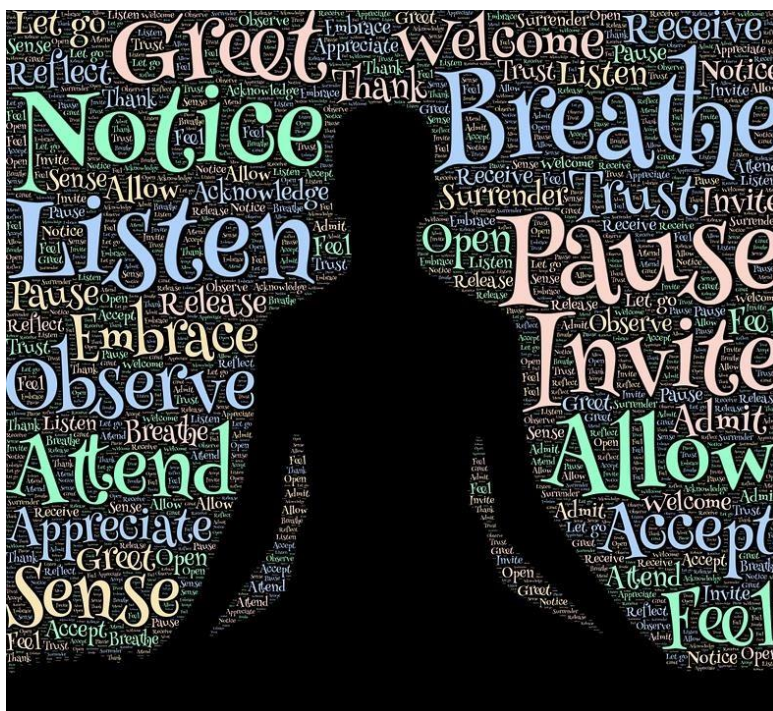


What is mindfulness practice?

Jon Kabat-Zinn suggests “Mindfulness is an awareness that arises through paying attention, on purpose, in the present moment, non-judgementally.” Mindfulness involves learning to operate from the perspective of an observing self. It is not some special or mystical state that you entered into. It is not about trying to evoke a peacefulness or a measure for assessing success or failure.

Mindfulness is about being more aware more often. It is about accepting the reality of the situation we are in without becoming immediately hooked into automatic tendencies to judge, ‘fix’ or want things to be other than they are.



What is the evidence for mindfulness practice in improving pain-related outcomes in people with chronic pain?

One review of 30 studies comparing mindfulness interventions with no or other standard treatments for chronic pain found that mindfulness based practice produced small improvements in pain intensity, depressive symptoms and quality of life. However, not all the studies included in the review were of high quality, suggesting that this limitation needs to be considered when interpreting the results from this review (Hilton et al 2017).

An updated review of 21 studies found mindfulness based stress reduction could be a helpful treatment for patients with chronic pain. Mindfulness based stress reduction was shown to improve physical function, depressive symptoms and pain intensity. However, the improvements that were noted were only modest and not all the included studies were of high quality (Khoo et al 2019).

A study comparing the delivery of a mindfulness intervention using a smartphone app showed positive results in improving stress symptoms. This study provided some evidence that mindfulness practice guided by a smartphone could be beneficial in managing stress (Economides et al 2018).

Where to find out more

What is mindfulness?

- [What is Mindfulness?](#)
- [Mindfulness Animated in 3 minutes](#)
- [Why Mindfulness Is a Superpower: An Animation](#)
- [What is Mindfulness? Simple answers, profound meaning.](#)

The science behind meditation/mindfulness:

- [Neuroscience of Mindfulness Meditation in 4 minutes](#)

Why is mindfulness helpful?

- [How Mindfulness Empowers Us](#)

How to practice mindfulness?

- [How To Practice Mindfulness](#)
- [Mindfulness exercise - Being in the here and now](#)

Other useful resources on mindfulness and chronic pain

Websites

1. A useful website on mindfulness and pain with podcasts
<https://painhealth.csse.uwa.edu.au/pain-module/mindfulness-and-pain/>
2. A NZ resource on mindfulness
<https://healthify.nz/hauora-wellbeing/m/mindfulness>
3. A UK-based resource on mindfulness practice
<https://www.getselfhelp.co.uk//mindfulness.htm>
4. Mindfulness-based stress reduction resource
<https://palousemindfulness.com/>

Books

4. Mindfulness: A Practical Guide to Finding Peace in a Frantic World by Mark Williams and Danny Penman. Audios from the book are available on soundcloud:
<https://soundcloud.com/hachetteaudiouk/sets/mindfulness-a-practical-guide-to-finding-peace-in-a-frantic-world>
5. Mindfulness for Health by Danny Penman

Scientific articles

6. Williams AC de C, Fisher E, Hearn L, Eccleston C. Psychological therapies for the management of chronic pain (excluding headache) in adults. Cochrane Database of Systematic Reviews 2020, Issue 8.

Art. No.: CD007407.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD007407.pub4/full>

7. Khoo EL, Small R, Cheng W, Hatchard T, Glynn B, Rice DB, Skidmore B, Kenny S, Hutton B, Poulin PA. Comparative evaluation of group-based mindfulness-based stress reduction and cognitive behavioural therapy for the treatment and management of chronic pain: A systematic review and network meta-analysis. *Evidence-based mental health*. 2019 Feb 1;22(1):26-35.

<https://ebmh.bmj.com/content/22/1/26>

8. Hilton L, Hempel S, Ewing BA, et al. Mindfulness Meditation for Chronic Pain: Systematic Review and Meta-analysis. *Annals of Behavioral Medicine*. 2017;51(2):199-213.

<https://doi.org/10.1007/s12160-016-9844-2>

9. Economides M, Martman J, Bell MJ, Sanderson B. Improvements in stress, affect, and irritability following brief use of a mindfulness-based smartphone app: a randomized controlled trial.

Mindfulness. 2018;9(5):1584-1593. <https://doi.org/10.1007/s12671-018-0905-4>