

Everything Wellbeing: Mindfulness & Meditation

 Reading Time: 3 Minutes

Dear Resident Doctors,

Welcome back to another post from *Everything Wellbeing*! Today, we're talking about something you've probably heard of (and maybe rolled your eyes at): **Mindfulness and Meditation**.

I used to be a sceptic too. But it's helped me more than I expected, and I'd love to share how.

What Is Mindfulness?

Mindfulness is the practice of **paying attention to the present moment, on purpose, and without judgment**.

It's about noticing what's going on right now in your thoughts, emotions, and body, rather than being caught up in the past or worrying about the future.

Sounds a bit philosophical, right?

But for me, mindfulness is simply a chance to **hit pause** to take a breath, clear my head, and be present. It helps me stop spiralling about time, organise my thoughts, and bring some calm to the chaos.

Meditation: A Tool for Mindfulness

Mindfulness and meditation go hand in hand. I see meditation as a **tool** to help train your mind to be more present, like a workout for your brain.

Three years ago, if you'd mentioned meditation to me, I probably would've brushed it off. It felt too "zen" for someone like me.

How It All Started (By Accident!)

It was the second COVID lockdown. I was doom-scrolling through Netflix when I stumbled on a **Headspace** special. I wasn't expecting much, but I watched a few episodes that included short guided meditations.

And somehow... they worked.

They helped me quieten my thoughts. I downloaded the Headspace app (which was free for NHS workers at the time) and started using their guided meditations. They helped me relax, feel calmer, and manage my anxiety.

What Got Me Hooked

Around that time, I read *10% Happier* by **Dan Harris**, a journalist who had a panic attack live on air. He was a hardcore sceptic too, but he explored the science behind mindfulness and found it genuinely helped his mental well-being.

That got me curious. I realised meditation could actually help me as a doctor. It doesn't require incense, robes, or mantras, it's **just focused attention**. A bicep curl for your brain.

What It Looks Like for Me Now

I try to meditate regularly using guided meditation apps. I especially like doing it:

- **Before a shift**, to clear my mind and get organised
- **Mid-shift (if I can!)**, to reset in an overstimulating environment

I'm not as consistent as I'd like to be, but it's a work in progress like anything worthwhile.

Why It Might Be Worth a Try



Mindfulness and meditation might not be for everyone. I didn't think they were for me either.




But they've made a real difference in how I show up for myself, my patients, and my team.

So why not give it a go? Read a bit, try a 5-minute guided meditation, and see what happens.

Quick Start Resources

Here are some great places to begin:

1.  Mind – About Mindfulness
2.  [NHS – Mindfulness Tips & Support](#)

3.  [Headspace – Meditation & Mindfulness App](#)
4.  [Calm – Meditation & Sleep App](#)
5.  [What is Mindfulness? \(Video\)](#)

And as always, remember to **take great care of *yourself*, so you can take great care of others.** ❤️

Until next time,

Junaid

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