





Laxman Bhati, Caregiver Support Worker

## **Addictions Program**

### **Using Mindfulness in Curing Addiction**

‘Mindfulness’ in simple words, can be defined as a non-judgmental form of observation. It includes deliberately focusing one’s attention in the present moment. Every time thoughts wander off into the future or the past, which is the very nature of the mind, the individual gently brings his attention back to the present moment, simply through awareness.

Addiction, in simple terms, can be defined as a dependence on alcohol or drugs. When people begin to develop cravings for alcohol or drugs; it usually means that they have developed an addiction. These cravings can be hard to resist. Even when the individual seems determined to curb their alcohol or drug intake they could relent because of their craving. Practicing mindfulness meditation in this situation can be quite helpful to people suffering from substance dependence. By being mindful the individual will be able to see that these cravings appear in the mind and then disappear. They are like clouds passing through the sky. Sometimes just acknowledging the craving will be enough to make it disappear. The mediator simply becomes a watcher witnessing his craving and does not get carried away with it. The mediator learns to deal with this phenomenon of craving in a new way. Instead of becoming one with his craving, the mindful individual just observes and allows the cravings to arise and to subside just witnessing the whole phenomenon.

Mindfulness has multiple benefits-

- \* It helps people become less judgmental.
- \* People become better at living in the present moment.
- \* When unpleasant emotions or thoughts arise they can simply witness them.
- \* People develop increased self-acceptance and self-awareness.
- \* It leads to increased feelings of calmness and peacefulness.
- \* People realize that they are not just their thoughts.
- \* They become less troubled by unpleasant experiences.
- \* They are likely to experience far less anxiety in their life.
- \* Mindfulness meditation can help cure addiction through self-observation.

Hence, in numerous ways, practice of Mindfulness Meditation can serve as a very important tool in helping people suffering from substance abuse overcome their dependence and addiction.

Sandeep Gill, Case Manager of Addictions Program

## **Mental Health Program**

### **5 RELAXATION TECHNIQUES TO REDUCE STRESS**

#### **1. MEDITATE:**

A few minutes of practice per day helps ease anxiety and stress. One of the techniques that can be used is to sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting - out loud or silently - a positive mantra such as “Om”. Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

#### **2. DEEP BREATHING:**





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