

# MINDFULNESS AND FND

By Irene Roura García

Hello everyone,

In this post, I share a bit about the practice of Mindfulness, (one of the techniques I teach in both my individual sessions and the courses I offer), and its benefits in FND.

It is important to note that each person is unique, and what works for one may not work for another. That's why I encourage you to choose from all the techniques and practices you learn along your journey and self-discovery process, those that resonate most with you, are most beneficial, and best suit your individual needs.

## **Mindfulness:**

Mindfulness is the practice of bringing attention to the present moment without judgment. It involves being present in what we are doing. Conscious and deep breathing, connecting with our senses, and observing our internal world (thoughts, emotions, and sensations), for example, are some practical ways to bring our attention to the present. Cultivating mindfulness promotes relaxation, reduces stress levels, and enhances overall well-being.

The concept of mindfulness has its roots in the teachings of the Buddhist tradition. However, the term "mindfulness" became more widely known through the adaptation of these teachings in the field of Western psychology.

Jon Kabat-Zinn, a molecular biologist, pioneered the introduction of mindfulness in the field of mental health. In the 1970s, he developed the Mindfulness-Based Stress Reduction (MBSR) program at the University of Massachusetts. This program integrated mindfulness meditation practices with scientific and psychological approaches, aimed at helping people manage stress, pain, and chronic illnesses.

## **Benefits of Mindfulness in FND:**

### Reduction of worry and anxiety states:

Mindfulness techniques offer effective tools to reduce worry or anxiety states associated with FND.

Bringing attention to the present moment consciously and non-judgmentally contributes to the decrease of thoughts that trigger anxiety and restlessness, which, in turn, positively impacts the reduction of the intensity, duration, and frequency of symptoms.

### Improved Emotional Regulation:

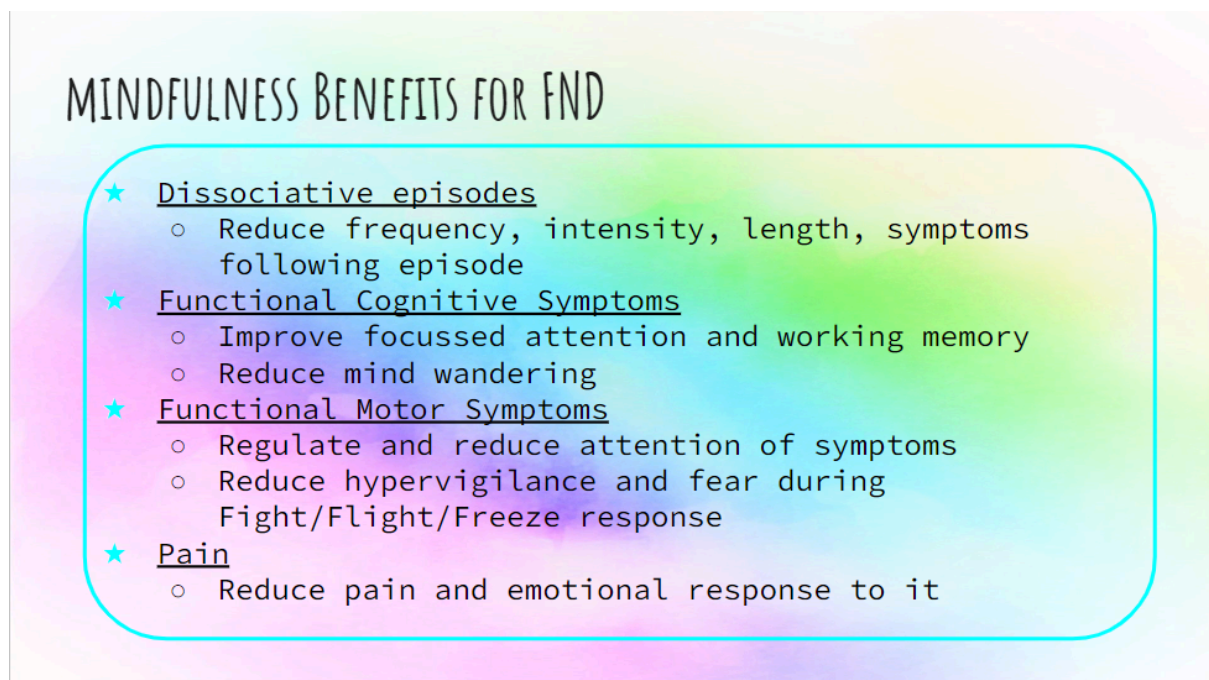
Mindfulness empowers us to observe our emotions without feeling overwhelmed by them. The practice of listening to and acknowledging feelings as they are in that moment, without judgment, promotes self-awareness and acceptance.

On the other hand, the practice of mindfulness plays a crucial role in activating the parasympathetic nervous system. This component of the autonomic nervous system counteracts stress and agitation, leading to a state of calm and emotional balance, promoting healthy management of emotional responses.

#### Enhanced Body Awareness:

Mindfulness practices foster the connection between the mind and body. By paying attention to bodily sensations, individuals can develop a better understanding of their symptoms, leading to improved self-management and a sense of control.

Here is an image with more specific benefits of Mindfulness in some FND symptoms:



I hope that the information shared in this post is beneficial to you and motivates you to continue exploring and discovering different practices and techniques that can help you use the mind and body for your own benefit, whether you are an individual affected by FND, a family member, or a professional, etc. In the next post, I will share three simple exercises to put the explained concepts into practice. If you have any questions, feel free to email me to [irenerouragarcia@gmail.com](mailto:irenerouragarcia@gmail.com). I'll be delighted to connect with you. See you soon.

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