

Mindful Living for Greater Peace

with U4U and Performance Treanor ([Wednesday 28th of April](#))



Mindfulness is a way of stepping into the present moment again and again. It is a helpful tool to avoid rumination which is wasting physical and emotional energy by replaying painful incidents from the past or worrying about potential future events.

There is a misconception that mindfulness needs to be a formal meditative practice where we set aside time and sit cross legged then focus on our breathing. It can be this but what you will learn from Declan “Performance” Treanor is that mindfulness is a way of greater living which you can cultivate.

Seizing mindful opportunities helps to improve creativity, memory and managing stress levels because the changes it causes in grey matter in the amygdala, prefrontal cortex and hippocampus (different areas of the brain).

These benefits will not come about in your life without a little bit of effort but it’s more than worth the time investment. The best way to look at mindful living is as a method of quiet and confident revolution in a world constantly vying for our attention. It is a treat to ourselves.

With this in mind, Declan will help you learn some very useful techniques to grow your practice. He will bring you through the body scan, breathing techniques and how to seize mindful moments in your everyday.

Two apps for your phone that are worth considering to develop your practice are Calm and Headspace. They will help provide the resources and accountability to continue your practice after Wednesday’s session.

Until then I wish you and yours a peaceful and mindful time 😊