

# Mindfulness



## What is mindfulness?

Paying attention in a particular way:  
\*to the present  
\*to the present moment  
\*Nonjudgmentally

Appreciating the present moment by purposefully and continuously paying attention to it

## Why practice mindfulness?

\*It helps you to become more aware of and therefore to better understand areas of your life you are not all too comfortable with  
\*It helps you to accept things as they are

## What does it involve?

It involves stopping everything for a few moments just to observe what is happening (without trying to change anything).

### TIP:

Waking, sitting down, and paying attention to your breathing a few times throughout the day, just for a minute or two. Don't try to change anything — just breathe. Allow yourself to fully accept the present moment.