Mindful or Mind Full?

Start where you are!

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. This kind of attention nurtures greater awareness, clarity, and acceptance of present-moment reality. Jon Kabat-Zinn

7 Principles of Mindfulness:

- M-Moment to moment attention
- I-In the here and now
- N-Non-judgmental attitude
- D-Detach from unhelpful thoughts
- F-Forgive and be grateful
- U-Unconditional acceptance
- L-Learn with a beginners mind

Exercise in Awareness: What do you notice?

ABC's of Mindfulness

A- Awareness
B- “Just Being” present with what is now
C- Seeing things in a non-reactive way, and responding more wisely.

Benefits of daily practice:

- Metacognitive awareness
- Reduced rumination
- Stress reduction
- Enhanced working memory
- Enhanced focus
- Decreased emotional reactivity
- Increased cognitive flexibility (observer/observed phenomena)
- Enhanced/Improved relationship communication
- Deepened insight, intuition, and fear modulation