



Practicing Mindfulness

Mindfulness is being engaged in the present moment. It is a state in which you are not thinking, reflecting, judging or deciding, but simply are experiencing what is before you. It is one of the most effective ways to respond to personal stress because it forces us to focus on the here and now rather than on worries about the future or regrets about the past.

Skills of Mindfulness

Mindfulness is made up of a number of skills. Once mastered, they can help provide a richer life experience and control anxiety and worry.

Awareness

Awareness involves learning how to block out distractions to allow you to focus on one thing at a time. This includes being able to recognize the individual things going on around you—the sights and sounds—as well as the thoughts and feelings inside you.

Nonjudgmental Observation

This skill forces you to experience life in an objective way as opposed to applying labels such as good or bad, pleasant or unpleasant, or valuable or worthless to everything.

Being in the Present Moment

To achieve this, you must eliminate thoughts about the past (ruminations) and future (worry).

Every moment in time is unique. This skill of mindfulness focuses on experiencing each of these moments as deeply as possible and opening ourselves to new possibilities. It also requires accepting things as they are, as opposed to what we wish they would be.

Here when you need us.

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