



# MINDFULNESS

## DOWNLOADABLE RESOURCE

### WHAT IS MINDFULNESS?

**Mindfulness** is defined as a moment-to-moment awareness of one's experience without judgment.

It has five components: **1.** Being aware **2.** The present moment **3.** Without judgement  
**4.** Equanimity **5.** Self-compassion

**Mindfulness** is a psychological state of awareness, and teaches us practices to enhance this awareness. It is also a method of understanding and processing information and responding to situations. Mindfulness has many techniques and practices to enhance each of its five components. One of the techniques of mindfulness is meditation, but it is not limited to it.

### WHY PRACTICE MINDFULNESS?

**1.** We might very often find ourselves in automatic pilot mode, doing things that are supposed to be done and are a part of our routine, without being aware about the present moment and our actions.

Mindfulness helps us develop a moment-by-moment awareness.

**2.** We might also find ourselves thinking about past situations or worry about the future, which takes us away from what we are experiencing in the present.

Mindfulness helps orient our attention to our current experience.

**3.** We can also find ourselves constantly in the "Doing Mode" which might help us solve problems and get tasks done but can also leave us feeling constantly anxious and stressed. Practicing mindfulness can help us move from the "Doing Mode" to the "Being Mode".

**4.** In mindfulness, we also pay attention to difficult feelings that might keep coming up in different ways and help us move towards accepting those feelings in a non-judgmental way.

