

# What Is Mindfulness?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

<https://greatergood.berkeley.edu/mindfulness/definition>

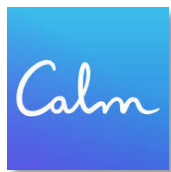
## Benefits of Mindfulness:

- **Reduced rumination**
- **Stress reduction**
- **Boosts to working memory**
- **Focus**
- **Less emotional reactivity**
- **More cognitive flexibility**
- **Relationship satisfaction**
- **Health benefits**

<http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>

## Resources:

- 1) <http://marc.ucla.edu/mindful-meditations>
- 2) Apps



Christian App -Abide

