

## Mindfulness

Mindfulness refers to a state of being in the here and now - quieting the mind and just being present. It is the basic human ability to be present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what's going on around us.

While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful.

The **What Is Mindfulness?** worksheet gives a simple introduction to the concept of mindfulness. In addition to defining mindfulness, this handout summarises the benefits of mindfulness practice, and popular exercises to improve skills.

### Resources:

*What is Mindfulness?*

*Mindfulness exercises for children*

*Mindfulness Skills*

*Family Mindfulness Schedule*

*Mindfulness exercises*

*Mindfulness Meditation*

*Grounding Techniques*

Getting started with mindfulness

<https://www.mindful.org/meditation/mindfulness-getting-started/>