

Mindfulness is

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Welcome to the Mindfulness

Combine the skills of mindfulness and self-compassion to enhance our capacity for emotional wellbeing.

Mindfulness Definition

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

Mindfulness

Awareness of ourselves and the world around us – sometimes called mindfulness – can improve our mental wellbeing.

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