

DESCRIBE MINDFULNESS

*Collection of quotes and descriptions of
mindfulness*

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MINFULNESS IS LIKE CLOSING TOO MANY APPS....

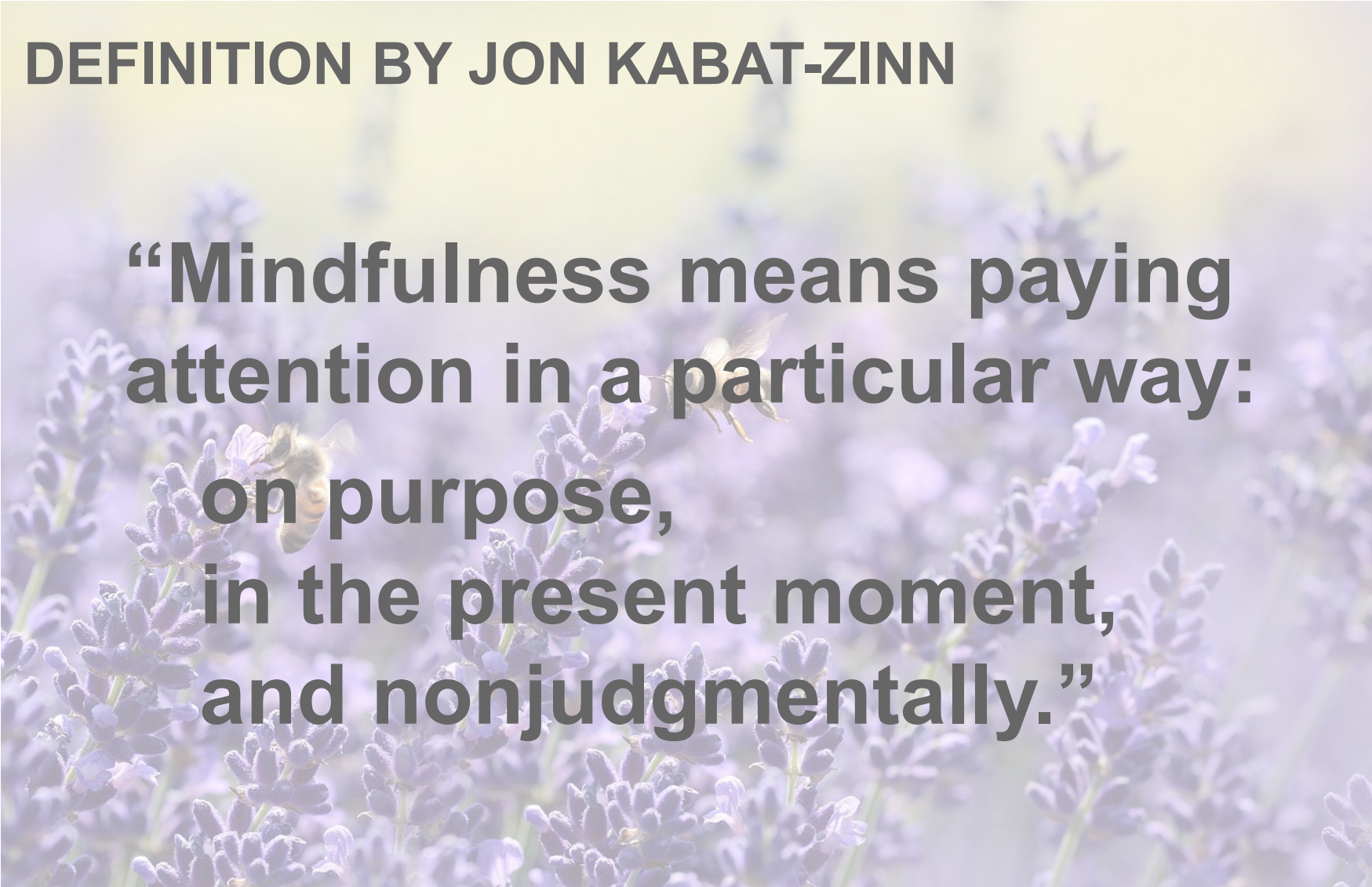
“To understand how pausing works, consider that chronic stress affects the brain as much as running too many applications simultaneously impacts your computer’s performance.

After all, the brain is a computer of sorts.

And both suffer when overloaded.”

Deborah Schoeberlein David

DEFINITION BY JON KABAT-ZINN



“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

MINDFULNESS IS LIKE THE GEARS IN A CAR ...

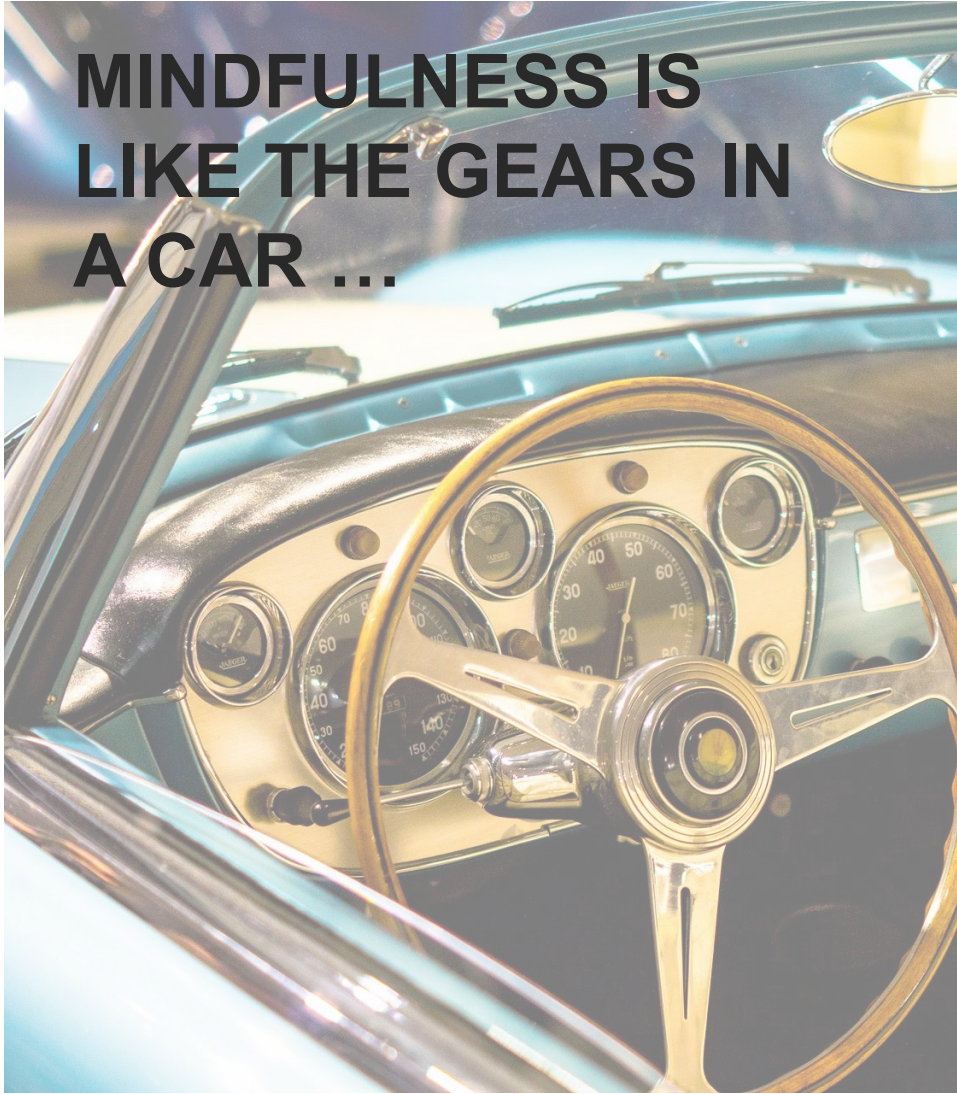


Image by Melk Hagelslag from Pixabay

“You have forward,
reverse, and park.
Neutral would be
choiceless awareness.

Imagine what it feels like
to be in neutral compared
to the other gears ...

It can also be viewed as
holding the potential for
everything and anything.”

<http://www.stressbeaters.com/choiceless-awareness/>

MINDFULNESS IS LIKE SURFING ...

“You can’t stop the waves from coming,
but you can learn to surf.”

Jon Kabat-Zinn



MINDFULNESS IS LIKE TRAINING A PUPPY

“The breath/body focus (mindfulness practice) is like your leash. You notice when the mind becomes absorbed in thoughts and feelings or pulled around by external distractions (as it inevitably will); and when you notice the mind tugging on the leash, then you gently return the puppy of your attention to the breath/body/senses.

Don't keep the leash too tight (don't try too hard). Calmness and acceptance need a soft leash.”

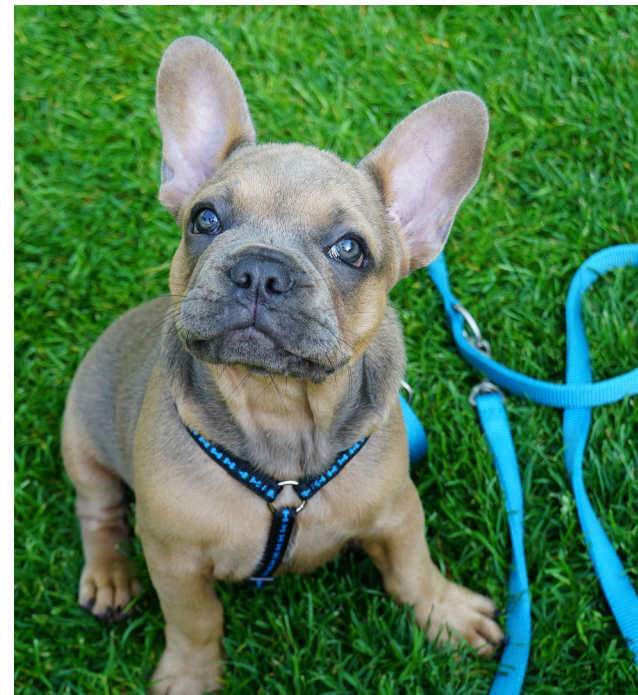


Image by Mylene2401 from Pixabay
Quote by www.mindfuleduucation.com.at

MINDFULNESS IS A SKILL ...

“Mindfulness is the ability to know what’s happening, in your head at any given moment without getting carried away by it”

Why Mindfulness is a Superpower narrated by Dan Harris

MINDFULNESS IS LIKE ADDING SPACE

“In a state of mindfulness, thoughts and feelings are observed as events in the mind, without over-identifying with them and without reacting to them in an automatic, habitual pattern of reactivity.

This dispassionate state of self-observation is thought to introduce a ‘space’ between one’s perception and response. Thus, mindfulness is thought to enable one to respond to situations more reflectively (as opposed to reflexively)”

(Bishop, et al., 2004)