## Why Mindfulness?

## **MINDLESS RESPONSE MINDFULNESS** Judging Non-judging, accepting Based on fact Based on opinion **DISTRESS MINDFUL** REACTION Thoughts as mental events Thoughts as real **RESPONSE** Believe & engage with thoughts Distance/disengage from thoughts Awareness of this moment Attention on past and future Avoid (situations, thoughts, emotions) Approach **STRESSFUL** Struggle Let go **EVENT** Automatic pilot Interested, focused, attentive Distress & pain Reduced distress & pain Fog of upsetting thoughts Clear and alert Reactive impulsive behaviours Considered wise choices Overwhelming, catastrophic Calm, effective Lost in reaction Clear awareness

- Consider the most distress you have experienced or are ever likely to experience. Is that time in the past? Is it perhaps in the future?
- Right now, at this very moment, are you the most distressed you have ever been or are likely to be?
  - o If not, then perhaps that's a good reason to learn to be mindful to put our attention to this very moment.