

What is a mindfulness Worksheet?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment through a gentle, nurturing lens. 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.

Components of Mindfulness:



It is essential to practice mindfulness since it will bring joy, content, and peace to your life. Make it part of the routine.

- It will reduce stress, rumination, and irrational thoughts from your life.
- It will improve your memory, and your ability to deal with emotional stressors.
- It will improve your mental peace and thinking patterns.

