What is Mindfulness?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and environment with a gentle light touch.

Mindfulness also involves acceptance, paying attention to our thoughts and feelings non judgementally — without believing that there’s a ‘right’ or ‘wrong’ way to think or feel. When we practice mindfulness, we tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.