

7 Ways to Practice Mindfulness 24-7ish

Jon Kabat-Zinn has been promoting the power of mindfulness for decades. He is the founder of Mindfulness-Based Stress Reduction, which has changed the lives of millions all over the world.

In MBSR teachings, Kabat-Zinn shares seven attitudes of mindfulness – each one a way to engage in life with full attention.

The very basics →

- 1 NON-JUDGING**
Noticing thoughts without judgment or commentary.
- 2 PATIENCE**
An ongoing practice!
- 3 A BEGINNER'S MIND**
Seeing everything as if for the first time.
- 4 TRUST**
Believing in yourself, your feelings and your gut. Taking responsibility for your well-being.
- 5 NON-STRIVING**
Focusing on each moment without fixating on what comes next.
- 6 ACCEPTANCE**
Acknowledging how it is in this moment. Note the difference between seeing things as they are (acceptance) and seeing them as unchangeable (resignation).
- 7 LETTING GO**
Take a breath in. Exhale. Let go.