

# MINDFULNESS

## What & Why?

The English word mindfulness has its roots in the Sanskrit word “Smṛti” and the Pali word “Sati”. Sanskrit and Pali being two ancient-sacred languages. Therefore mindfulness original meaning was “to remember” or “to recollect” (the object of focus) and not to forget or be distracted. A popular definition introduced by Jon Kabat-Zinn is “paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally”.



### MINDFULNESS IS

- ✓ A quality of a well-trained consciousness
- ✓ The ability to be fully present with people and tasks
- ✓ A mental state resulting from high awareness (self, others and environment)
- ✓ A practice used to train attention and increase mental effectiveness
- ✓ A strategy used to enhance focus and reduce susceptibility to distractions
- ✓ A superpower in a VUCA world



### MINDFULNESS IS NOT

- ✗ Absence of thoughts
- ✗ Being complacent or religious
- ✗ Stop thinking or “switching off” your mind
- ✗ Becoming a doormat or a lifeless, non-judgemental blob



### BENEFITS

- It improves sleep quality
- It sharpens focus and attention
- It boosts memory and creativity
- It reduces stress, anxiety and depression
- It can improve mood, happiness and quality of life
- It supports the arising of compassion
- It's effective for pain management
- It strengthens social connections