

The 5 Basics of Mindfulness Practice

Observation

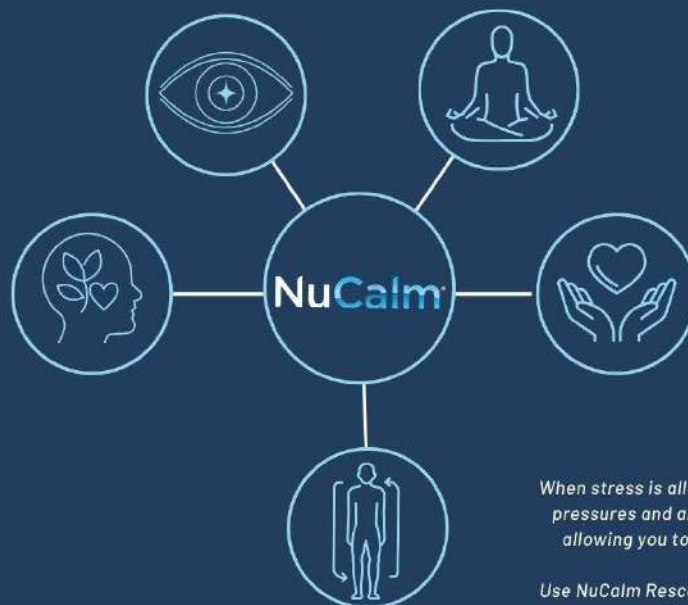
Noticing your thoughts and feelings without judgment.

Awareness

Being present in the moment and aware of your surroundings.

Non-Reactivity

Allowing thoughts and feelings to come and go without getting caught up in them.



Acceptance

Accepting your current state, whatever it may be, without trying to change it.

Compassion

Being kind to yourself and others, recognizing the shared human experience.

When stress is alleviated, your mind is less preoccupied with the pressures and anxieties that accompany stressful situations, allowing you to be more present and aware in the moment.

Use NuCalm Rescue, PowerNap, or FlowState for stress relief so you can easily observe your thoughts, be present, respond instead of react, accept your current state, and be kind to yourself.