

4 Tips for Practicing Mindfulness

Mindfulness is defined as paying attention to the present moment, on purpose, without judging it.

— Jon Kabat-Zinn

The regular practice of mindfulness meditation changes the way our brain works, resulting in positive benefits such as:

- Reduced stress
- Improved memory and concentration
- Increased emotional regulation
- Reduction in rumination (the tendency to dwell on certain thoughts/events)
- Greater relationship satisfaction

If you're interested in building a mindfulness practice, try [our online guide](#) for week-by-week instructions and guided meditation links.

- TIP 1: If you're new to meditation, or tried before and found it difficult, keep in mind that mind-wandering and distractions are normal. There's no need to judge or evaluate how "good" or "bad" you are at mindfulness. Noticing your mind has wandered away from a guided meditation and gently bringing it back is a normal and essential part of the practice.
- TIP 2: Use guided meditations. If you're new to meditation and try to meditate without a guide, there's a good chance you'll just sit there and daydream. While this isn't likely to hurt you, it's not mindfulness.
- Tip 3: Mindfulness isn't about relaxation, happiness, or enlightenment. It's about noticing what's happening in the present moment, from a curious and nonjudgmental stance. Whether you notice a sense of calmness, a pain in your neck, or your mind wandering, just noticing it instead of moving into automatic thinking or reactions is the practice.
- TIP 4: Consider what current activities in your life can turn into mindful moments. This could be paying attention to your dinner instead of scrolling through your phone. It could be noticing all the sights, smells, and sounds when going for a walk, rather than daydreaming or planning. Mindfulness can be practiced in any situation.