

# THE DAILY STEP

## WHAT IS MINDFULNESS?

Mindfulness is a word that we see and hear about very often. Practically every magazine cover advertises something about the benefits of it. So it sounds good, but what exactly is it?



**Mindfulness** is a general word for a lot of different practices that have one thing in common - *noticing what is happening in the present moment.*



[Click Here to Watch Our Video about What is Mindfulness](#)

Mindfulness Practices Include:

- Walking in Nature and noticing what you see hear and feel
- Sitting quietly and noticing how you feel
- Tai Chi, Qi Gong, Slow Yoga, Mindful Movement
- Breathing Practices
- Meditation practices
- Listening to Guided Meditation

### **JUST FOR KIDS FEELING CALM**

[This video](#) was made for school age children. In it we talk do a body scan and guided meditation along with talking about what does being calm feel like. It was sponsored by Joan's Joy Foundation.

### **ARTICLE OF INTEREST**

[How Mindfulness Effects the Brain and Body](#) is an interview with neuroscientist David Vago for Psychology Today. Vago talks about the scientific understanding of how mindfulness effects out mental and physical health.

### **INSPIRATION**

"Mindfulness clears the windshield of the mind so that we can see things as they really are."  
— Travis Eliot