



Practicing Mindfulness



Mindfulness is the practice of
remaining present, aware, and not
overly reactive in the present moment

Grounding, meditation, deep
breathing, journaling

Avoid judgment and labels, remain
compassionate and curious

All feelings are allowed, we do
not need to react to all our
feelings.

Awareness of body, feelings,
and thoughts in the moment



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Texoma Specialty Counseling and Wellness

Mindfulness On The Go

Chao Zhang



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