



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

Dr. Stephanie Waite, LPC, CEDS
Texoma Specialty Counseling and Wellness



Mindfulness On The Go

L Cohen



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