

# Why Mindfulness?

## MINDLESS RESPONSE

Judging  
Based on opinion  
Thoughts as real  
Believe & engage with thoughts  
Attention on past and future  
Avoid (situations, thoughts, emotions)  
Struggle  
Automatic pilot  
Distress & pain  
Fog of upsetting thoughts  
Reactive impulsive behaviours  
Overwhelming, catastrophic  
Lost in reaction



**DISTRESS  
REACTION**

**STRESSFUL  
EVENT**

**MINDFUL  
RESPONSE**

## MINDFULNESS

Non-judging, accepting  
Based on fact  
Thoughts as mental events  
Distance/disengage from thoughts  
Awareness of this moment  
Approach  
Let go  
Interested, focused, attentive  
Reduced distress & pain  
Clear and alert  
Considered wise choices  
Calm, effective  
Clear awareness



- Consider the most distress you have experienced or are ever likely to experience. Is that time in the past? Is it perhaps in the future?
- Right now, at this very moment, are you the most distressed you have ever been or are likely to be?
  - If not, then perhaps that's a good reason to learn to be mindful - to put our attention to this very moment.