

# What is mindfulness?



Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness happens naturally sometimes. Let's say you're getting ready to take a shot in basketball. You carefully position your feet at the line. You look up at the hoop and feel the ball in your hands. Taking your time, you bounce the ball a couple of times. You tune out all the other sounds and take your shot. Swoosh — yes! Nicely done.

That calm focus, that way of paying attention to what you're doing, taking your time, taking it easy and — that's you being mindful! And being mindful just helped you take your best shot.

## Why Do People Need Mindfulness?

Being mindful helps you:

- Pay attention better
- Be less distractible
- Learn more
- Stay calm under stress
- Avoid getting too upset about things
- Slow down instead of rush
- Listen better to others
- Be more patient
- Get along better
- Feel happier and enjoy things more

