

Adapted from:

Marich, J. (2013). *Creative Mindfulness: 20+ Strategies for Wellness and Recovery*. Warren, OH: Cornersburg Media/Mindful Ohio.

Mindfulness derives from the Sanskrit word meaning ‘awareness,’ or in a more nuanced translation, to come back to awareness. With this meaning, mindfulness practice invites us to live in the *NOW* as a pathway to wellness. The idea seems like good old-fashioned common sense, but modern Western culture is the epitome of mindlessness: fast-paced, externally focused, and outcome-oriented. Mindfulness practice places emphasis on the journey, the process, instead of the destination or end result. Through mindfulness practice we can cultivate the attitude of non-striving, meaning not obsessing over an outcome, having patience and trust, which are attitudes that help us in our pursuit of wellness.

Mindfulness: Means paying attention on purpose in the moment, without any judgment. Being aware. Being present.

There are 7 primary attitudes of Mindfulness:

Non-judging: Thinking, feeling, or responding without paying attention to your internal critic. This is an attitude of “just noticing” your thoughts, emotions, or whatever may come at the moment. Non-judgment, however, does not endorse behaviors that put yourself or others in harm’s way.

Patience: Comes from the Latin root meaning to *undergo/suffer/or bear*. The art of deferring gratification; waiting.

Beginner’s mind: Means approaching each new tasks with an open mind. Think of the sense of wonder that a child attempting a task for the first time may experience. Remove the expert’s mindset. Stop acting on auto pilot.

Trust: Belief in some unseen entity, an outcome, another person or group, or the internal self.

Non-striving: Thinking, feeling, or acting with focus on the process, not just the outcome. Non-striving does not imply laziness or sloth. Think of it as an attitude that encourages you, even in your own work to not force, to refrain from trying so hard. Letting whatever happens happen.

Acceptance: A coming to terms with reality, no matter how harsh or unpleasant it may be. Doing this can be a pathway to peace. This does not imply you have to ‘like’ the reality that you discontinue fighting.

Letting go: Releasing your “grip: on a situation, emotion, person, thin, or outcome, generally resulting in a freeing response, or the beginning of a freeing response.

Other Attitudes of Mindfulness

FRIENDLINESS	NON-ATTACHMENT	ATTUNEMENT	GRATITUDE	
GENTLENESS	HAPPINESS	CONFIDENCE	CURIOSITY	
	NON-REACTIVITY	CREATIVITY	WILLINGNESS	
	PERSISTENCE			