

## What is Mindfulness?

Mindfulness means “paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.” ~ Jon Kabat-Zinn

In ACT, you practice noticing something and holding it your attention lightly, with gentle acceptance, like a butterfly resting on your hand. The means attending to a feeling, thought or sensation without clinging to it, resisting it, or trying to change it.

