Mindfulness Facts & Tips
Mindfulness Facts & Tips

Understanding the concept of mindfulness is not easy. Popular culture might have led you to believe that mindfulness is about sitting still, closing your eyes, and trying to clear all thoughts from your mind. In truth, mindfulness is about focusing intently on the present moment; it is something that can be applied in your day-to-day life, and does not require you to set aside special time for it. Below are some facts about mindfulness and tips about how to get started.

Mindfulness Facts

Mindfulness-based therapy has been shown to be an effective treatment for anxiety and depression. By non-judgmentally accepting thoughts about the past and future, you will minimize the impact that they have on the present moment. Depression is often rooted in thoughts about the past, while anxiety is often rooted in thoughts about the future.

Mindfulness is a skill. As anything else that you set out to learn – piano, tennis, sewing – you cannot expect to master it right away. Do not be alarmed if it seems difficult at first, or if you don’t start seeing results right away. Just keep doing your best!

Mindfulness is not meditation. While meditation can be used as an exercise to help learn mindfulness, it is not the end-goal. The end-goal is to apply the practice of mindfulness to the activities in your daily life, allowing you to get more out of them without being bogged down by worry and regret.

Mindfulness is a sensory and mental exercise. Sensing and experiencing the present moment to its fullest is one aspect of mindfulness; the other is non-judgmental acceptance of that world, as well as any thoughts that pass through your mind. Most of us have very good senses – it’s the mental part which can be difficult.

Mindfulness Tips

Now that we know what mindfulness is, as well as its benefits, here are some important tips to keep in mind as you’re starting out:

Immerse your senses: If you’re playing the piano, focus on how every key feels beneath your fingers, and the sounds that they make when pressed. If you’re having a conversation with a friend, focus on every word that they say, as well as their body language. Whatever your current activity is, think about your five senses and try to engage them – naturally – with that activity. If one of your senses is not really relevant to the activity (e.g., taste has no relevance to a piece of music) then do not pay attention to it.
Don’t judge: Many thoughts will come into your mind as you go about your daily life. This is unavoidable – our brains are always working on an immense amount of things. The important thing to keep in mind when practicing mindfulness is to let these thoughts pass without judgment. For example, one day during band practice, you might become aware of the thought “I have an exam tomorrow.” On its own, this thought does not cause anxiety, or take away from the present moment. It is only once you begin to apply judgments to this thought, such as “I’m not prepared for that exam, and I really need to study” that it starts to become problematic.

Breathing is something you can always focus on. You may find yourself wanting to practice mindfulness in the absence of an immediate, meaningful task to focus on. In these situations, you can always focus on your breathing – how does your chest feel as it expands and contracts? How do your mouth and nose feel as air comes in and out?

Avoid ‘autopiloting’: The greatest pitfalls of mindfulness are the activities where we tend to zone out and lose focus, such as driving or cleaning. These tend to be repetitive or mundane tasks which we do not enjoy. Try to keep yourself focused and ‘in the moment’ even during these tasks.

Adapted from:


Psychology tools. (n.d.). What is mindfulness?

Retrieved from https://psychologytools.com/what-is-mindfulness.html