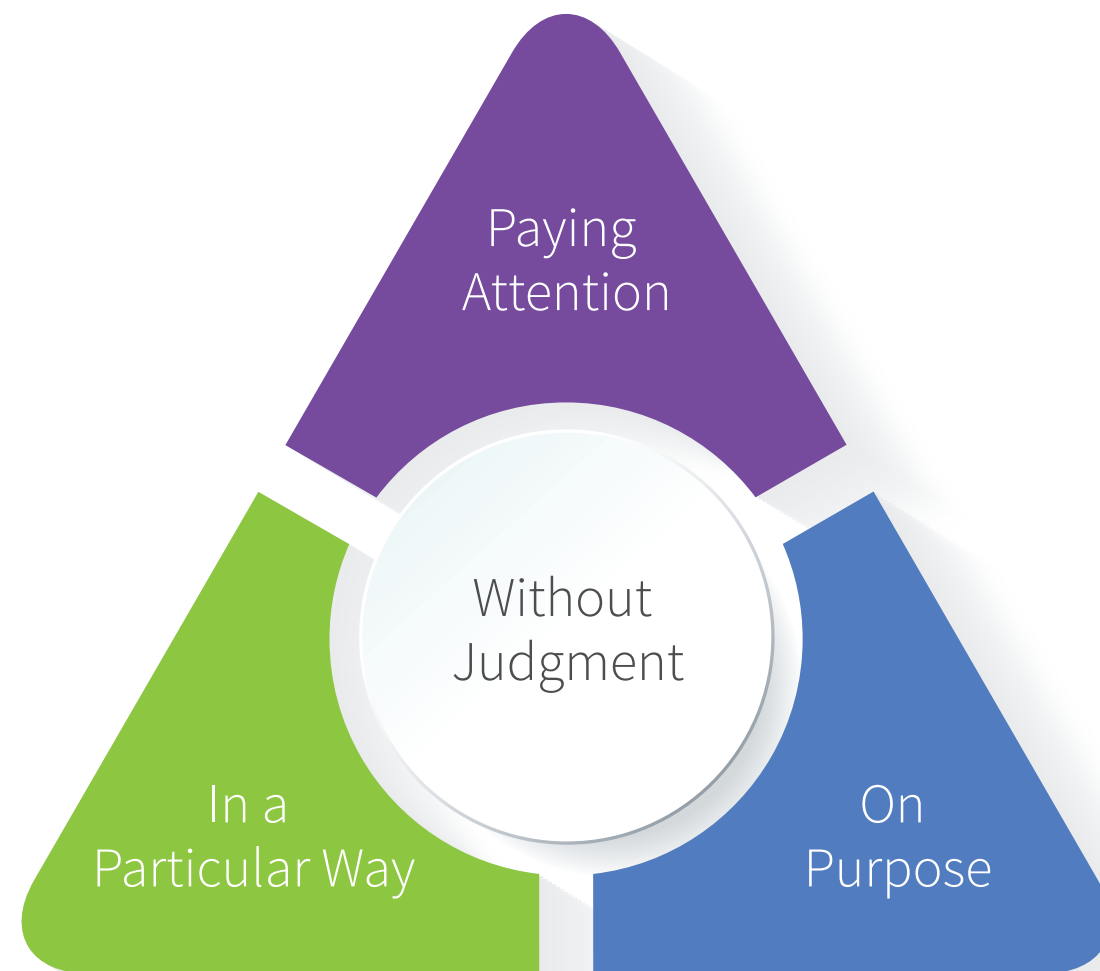




WHAT IS MINDFULNESS?

SAFETY MOMENT

Mindfulness is paying attention, in a particular way, on purpose without judgment



A simple way to describe mindfulness is: the art of noticing what is happening, when it happens, without judgment or preference

WHAT?
WHEN?
WITHOUT JUDGMENT?

Often people get distracted, so encouraging people to “**observe the reality of the moment as it is (not as you want it to be) without judgement – Neil Shah**” can help to support people physically, mentally, emotionally, socially and spiritually.



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