


TIME

THE MINDFUL REVOLUTION

Mindfulness


UNC SCHOOL OF GOVERNMENT

Being fully present




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Mind Full or Mindful



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Mind Full or Mindful



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Creating space



Creating space

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"I purposely keep it a mess so no monsters move in."

Clearing the mind



Being fully present is a present



Breathe in, breathe out

Repeat often



Get on the balcony



“Mindfulness means
paying attention
in a particular way;
On purpose, in
the present moment,
and non-judgmentally.”

Jon Kabat-Zinn

Any time, any place

“Mindfulness can be practiced
anywhere and whatever position the
body is in. Whether we are sitting,
walking, standing, or lying down.
Whenever we perform our daily
activities with mindful awareness, we
are practicing meditation.

-Thich Nhat, Hahn How to Sit