

MINDFULNESS DICTIONARY

word	definition
acceptance	willingness to tolerate a difficult situation
addiction	the inability to stop doing something, often harmful
attachment	a strong bond or feeling of love between people
authentic	real
awareness	the conscious knowledge and attention to the present moment, your thoughts as well as the environment
belief	the feeling of being certain that something is true
boundaries	the limit of what someone considers acceptable behaviour
breath awareness	mindfulness practice that involves paying attention to breathing.
breathwork	the practice of conscious breathing to calm the mind and bring attention to the present
burnout	extreme tiredness or physical or mental illness caused by overwork
compassion	deep awareness of the pain or bad luck of others, often combined with the desire to help
compassionate listening	active listening with empathy and without judgment and interrupting, focusing on understanding the speaker
consciousness	being awake and aware of external stimuli and one's own mental activity and emotional state
contemplation	the act of thinking deeply or meditating on a particular subject
coping	dealing with difficult situation or problems
empathy	the ability to imagine being in the same situation with another human and feel similar emotions
feedback	the reaction to some communication, process or information
focus	concentrating attention on one specific task or thought at a time, eliminating distractions
gratitude	the practice of recognizing and appreciating the positive aspects of life
grounding	techniques used to reconnect with the present moment and reduce anxiety or stress
healing	the process of getting well again, usually after an extremely stressful event
insight	the act or result of understanding the inner nature of things or of seeing intuitively
intention	setting a clear, purposeful focus for your thoughts, actions or meditation practice
journalling	the act of writing one's inner thoughts, goals, fears, etc.
judgement	labelling as good or bad, positive or negative
maturity	behaving mentally and emotionally like an adult

meditation	the practice that involves focusing or clearing your mind using a combination of mental and physical techniques
mindful communication	engaging in conversation with full presence, active listening and empathy
mindful eating	paying full attention to the experience of eating, savoring each bite, and recognizing hunger and fullness cues
mindful movement	engaging in physical activity, such as yoga or walking, with full awareness and presence
non-judgement	observing thoughts, feelings and experiences without labeling them as good or bad
non-reactivity	the ability to observe thoughts and emotions without immediately responding to them
patience	allowing things to unfold at their own pace without frustration or rush
presence	the state of being fully engaged in the current moment, without distraction
resilience	the ability to recover from challenges or stress with mental and emotional strength
self-awareness	understanding one's emotions, thoughts and behavior in the present moment
self-compassion	treating yourself with kindness and understanding during times of difficulty
self-Inquiry	the process of examining one's thoughts, emotions, and beliefs to gain deeper self-understanding
self-regulation	the ability to manage one's emotions, thoughts and behavior in a mindful way
somatic	relating to the body
subconscious	the part of our mind that we are not actively aware of but influences our behaviour
trauma	long-lasting emotional distress caused by a severe experience
visualization	a technique involving the creation of mental images to promote relaxation and focus