

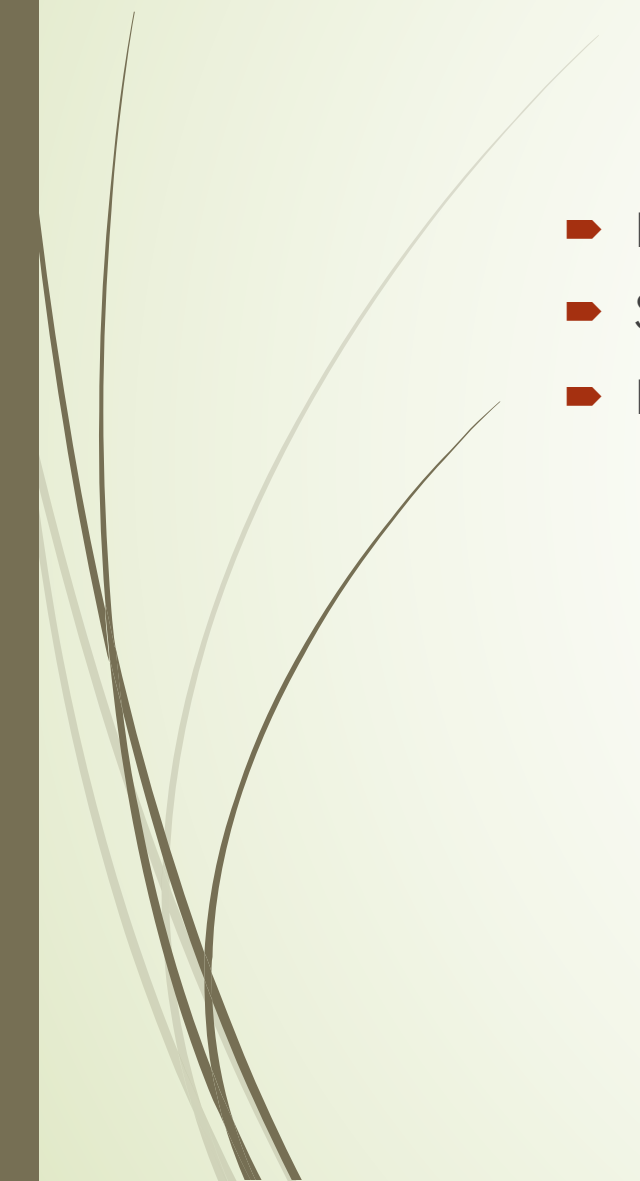


Mindfulness

Awareness of what is happening in the moment and not be overly reactive.
Being accepting and non-judgmental and understand the emotions and feeling of others.



Three components of Mindfulness

- ▶ Empathy
 - ▶ Self & Social Awareness
 - ▶ Evaluating & Reflecting
- 



Empathy

Putting self in other's place or shoes and seeing the world through their eyes.

[Brene Brown on Empathy](#)





Self & Social Awareness

Ability to focus on self and others recognizing one's strengths and limitations as well as understanding social norms for behavior.

[Self Awareness Video](#)



Evaluating & Reflecting

Understanding past experiences both positive and negative then being able to find value and learn from it.

[Introspection Video](#)