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## Tips for Wellbeing Series No 3

# Mindfulness

## How to be in the present moment

### What is mindfulness?

Our mind is by nature busy and gets easily carried away by various stimuli. They can be *external*, like sounds and visual images, or *internal* like our own thoughts, feelings and physical sensations.

Mindfulness involves deliberate awareness of the present moment, without judgment. Derived from the Buddhist philosophy, mindfulness is today used in the management of depression, stress, anxiety, emotional regulation and chronic pain.

