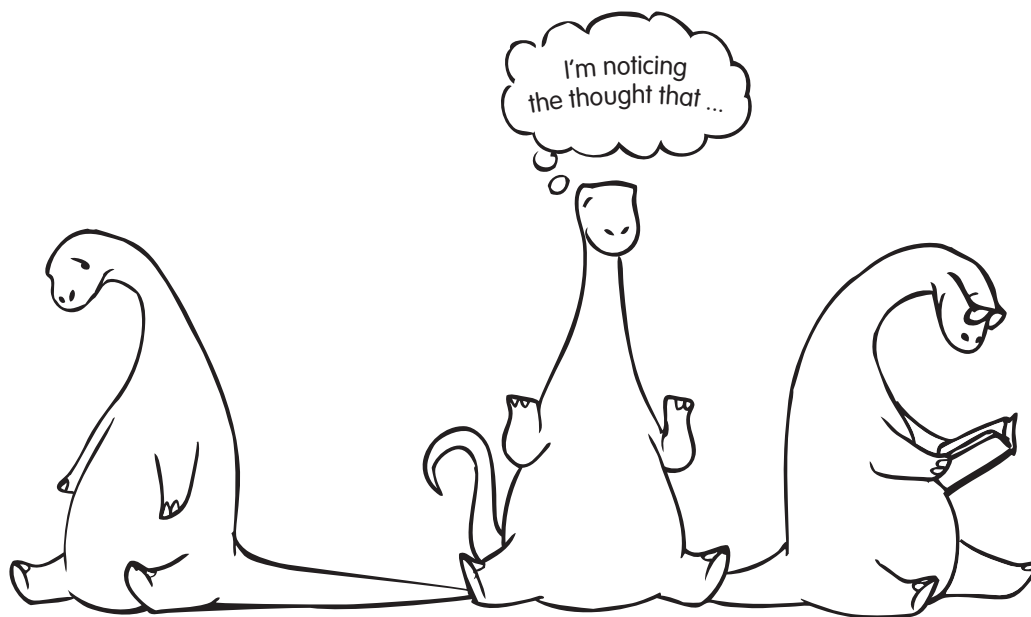


## Mindfulness: Taking Hold of Your Mind

**Being in control of your mind rather than letting your mind be in control of you.**



1. **FULL AWARENESS (Opened Mind):** Being aware of the present moment (e.g., thoughts, emotions, and physical sensations) without judgment and without trying to change it.
2. **ATTENTIONAL CONTROL (Focused Mind):** Staying focused on one thing at a time.