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Humanities Period's 4-5

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Mindfulness

Being mindful is when you are focused on the present. You aren't too busy thinking about the past or future. You are just focused on what you're doing right then and there. You focus on the things that may have gone unnoticed before. Every single detail stands out more than before, whether it be through something visual, hearing (a sound perhaps), smelling, or just your surroundings in general. You can be mindful through various activities, such as yoga or meditation (these are the most common ones). As the article states, "...loosens that reactivity which can trap us in a limiting loop, and allows for very different responses which can manifest in all kinds of ways – greater creativity, more empathy, more patience, less judgment," (Bunting). When you're doing either of these, you are required to forget about everything else and put your mind in the present state.

When you are mindful you are reassured that you will have a happier life. You don't preoccupy yourself with what's going to happen next. You also don't live a life of regrets. Instead, you learn to be grateful with yourself at the current moment and everything that lies around you. Thinking about the past or present may greatly affect you (in a negative way) because you're only thinking of things aren't necessarily happening to you. When you do that, you waste your time on actually enjoying the present.

I think that being mindful is very important. Being mindful can help you in these areas, "...greater creativity, more empathy, more patience, less judgment," (Bunting). I'm not going to lie, I tend to think a lot about the past. But ever since I've read these articles, I'm now going to try to be more mindful. If

I'm mindful, I will learn to appreciate the little things in life. I won't be thinking of what could've or should've happened. I'll be more grateful and see the many things that may have gone unnoticed before. I don't want to waste my time worrying about things other than the present anymore.

Bunting, Madeleine. "Why we will come to see mindfulness as mandatory." *The Guardian*. Guardian News and Media, 6 May 2014. Web. 6 May 2014.