



## Mindfulness

Mindfulness is defined by Holly Rogers, an author and contributor to the Center for Koru Mindfulness, as “the act of paying attention to your present-moment experience with an attitude of compassionate curiosity. Rather than worrying about the future or rehashing the past, you hold your attention on the moment at hand.” Practicing mindfulness can often be a spiritual experience for many individuals, and involves paying attention in the moment while noticing and accepting our feelings, thoughts, and physical sensations non-judgmentally. Regular practice can also improve our physical, mental, and emotional well-being and increase our quality of life.