

MINDFULNESS HANDOUT 2

(Mindfulness Worksheets 2–2c, 3)

Overview: Core Mindfulness Skills

**WISE MIND:
STATES OF MIND**

“WHAT” SKILLS

(what you do when practicing mindfulness):

Observing, Describing, Participating

“HOW” SKILLS

(how you practice when practicing mindfulness):

Nonjudgmentally, One-Mindfully, Effectively