

Summary

- The concept of mindfulness has gained immense popularity in modern psychology and self-help literature.
- Rooted in ancient Buddhist traditions, mindfulness refers to a state of conscious awareness and presence in the current moment.
- It is about observing thoughts, emotions, and sensations without judgment.
- Practicing mindfulness regularly has been shown to reduce stress, improve concentration, and enhance emotional regulation.
- It is employed in therapeutic settings, especially in treating anxiety, depression, and PTSD.