Strategies for Practicing Mindfulness

"What" Skills:
Observe

"What" Skills:
Participate

"What" Skills:
Describe

"How" Skills:
Non-Judgmentally

Dialectical Strategy:
Internal vs. External focus

"How" Skills:
One-Mindfully

Dialectical Strategy:
Eyes Open vs. Eyes Closed

EMOTION MIND

WISE MIND

"How" Skills:
Effectively

Dialectical Strategy:
Formal vs. Informal practice

REASONABLE MIND

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