

LIVING MINDFULLY, NOT MINDLESSLY

Mindfulness is the intentional cultivation of non-judgmental, non-reactive, present-moment awareness.

Living mindfully, instead of mindlessly,

helps us to see clearly, to accept, and to gain freedom from the suffering brought by automatic self-defeating thoughts and assumptions. Through mindfulness we strengthen our ability to intentionally respond with compassion, instead of behaving reflexively.



Contact Michelle at 227-7469 or mcooper@wcu.edu for more information.

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