

MINDFULNESS MYTHS

IT'S FOR RELAXATION

Mindfulness is NOT relaxation. While relaxation may happen, it is not the goal. You can be mindful even in challenging, high-stress situations.

I'LL ALWAYS BE CALM IF I MEDITATE

Mindfulness doesn't mean we won't ever feel strong, unpleasant emotions. Rather, it's about experiencing and acknowledging the full range of emotions without becoming overwhelmed.

I'LL CLEAR MY MIND

The goal is not to stop thoughts but to become aware of them and learn how to purposefully redirect awareness. Mindfulness encourages observing thoughts without judgment, not eliminating them.

I CAN HAVE A "GOOD" OR "BAD" MEDITATION

There is no right or wrong meditation. Each session is unique, and the goal is to observe whatever arises without judgment.

MY MIND IS TOO BUSY

Having a busy mind is very common and one of the reasons mindfulness can be so beneficial. The practice teaches you how to gently bring focus back to the present moment, even amidst the mental chatter.

IT'S BORING

Mindfulness can reveal the richness of everyday experiences by encouraging you to notice details that may otherwise be overlooked. It can enhance your appreciation for the present moment.

I HAVE TO BE BUDDHIST TO MEDITATE

While mindfulness has roots in Buddhism, it is a mental skill that can be practiced independently of religious beliefs.

I HAVE ADHD SO IT DOESN'T WORK

Hello, fellow neurodivergent friend! While mindfulness might be more challenging, it can help improve focus and can be adapted to what works for you.

I DON'T HAVE TIME

You can practice mindfulness in just a few minutes a day. Brief moments of mindfulness, such as focusing on one breath or taking your morning sip of coffee, can be beneficial.

I HAVE TO BE STATIONARY

You do not have to practice sitting cross-legged on a cushion, perfectly still. Meditation can be done in various positions, and there are even movement meditations, like mindful walking or stretching.

I JUST CAN'T DO IT

Mindfulness is a skill (like any other!) that improves with practice. It's normal to find it challenging at first, but with patience and persistence, anyone can grow their mindfulness muscle.

I'M TOO STRESSED

Mindfulness can be beneficial for everyone, including those who experience stress or anxiety. It teaches skills to handle emotions and thoughts more effectively, making it accessible in any mental state.