



5 Steps

Mindfulness

Concentration:

Ability to create full concentration in the present moment and / or come back with your concentration to the present moment.

Awareness (Self & Social):

Self-Awareness: becoming aware of ones thoughts, emotions, bodily sensations, overall mood.

Social Awareness: Awareness of others and / or the organization, Empathy.

Labelling:

Being able to identify and name accurately prominent thoughts, emotions or bodily sensations, overall mood.

Acceptance (NO Judgement):

Being aware of emotions or thoughts without judging them.

NO Reaction (Autopilot off):

Turning off the autopilot-mode. Emotional self-control. Becoming aware of options and making active and positive decisions.