



# Mindfulness for the Busy Attorney

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Bigtoe  
in the water

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# What is Mindfulness?

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It is Paying Attention on purpose to the present moment...with nonjudgment

# Mind Full, or Mindful?



# Nine Foundational Attitudes of Mindfulness

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Acceptance

Letting-Go

Beginner's  
Mind

Non-Striving

Gratitude

Generosity

Patience

Non-Judging

Trust

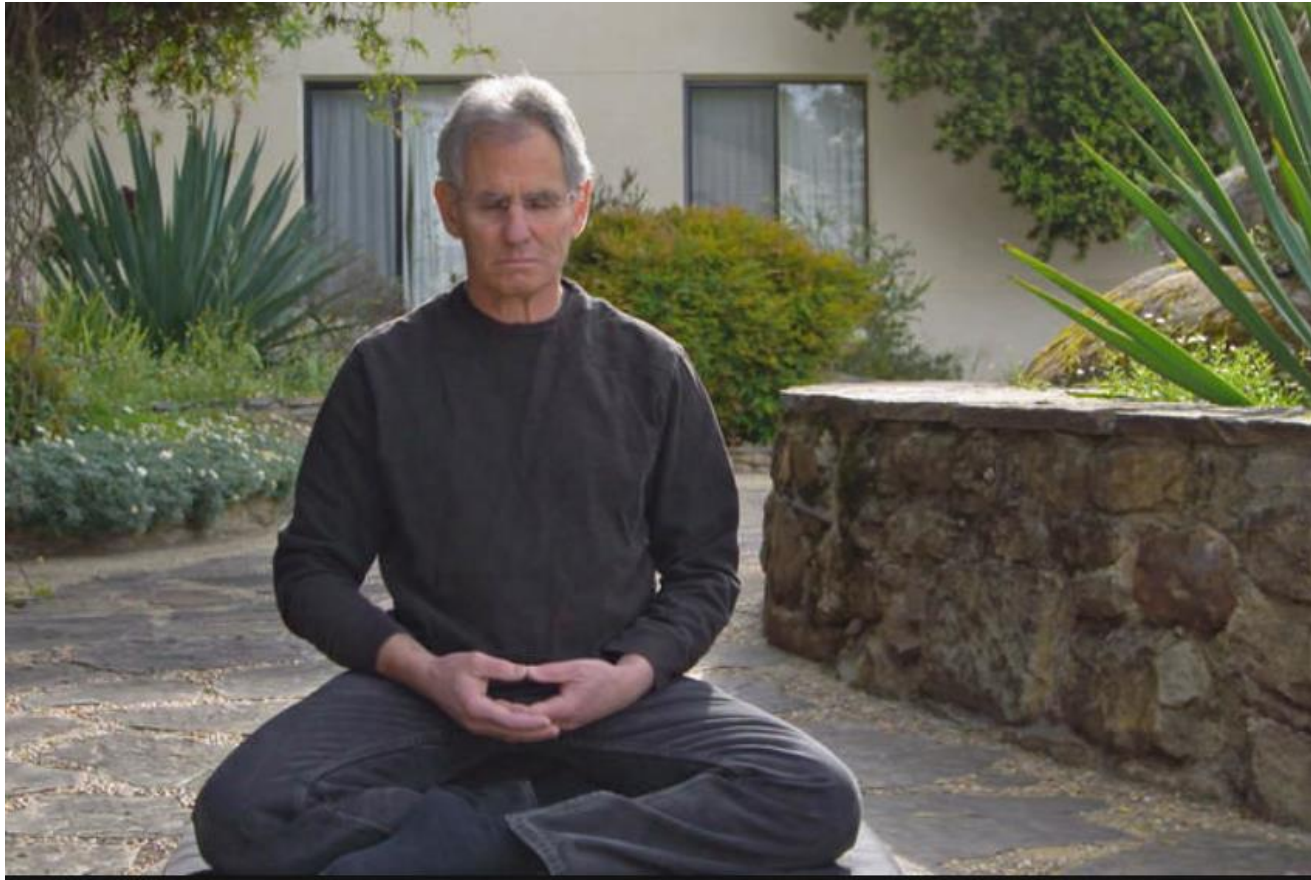
“We have a choice: to pay attention to what we’ve lost or to pay attention to what we still have.”

Dr. Edith Eva Eger  
(author of “The Choice”)



Respond  
or *React*?

You might not be listening to  
your body...BUT YOUR body is  
listening to YOU!





**Why Pay Attention?**

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“The little things?  
The little moments?  
They aren't little.”

***Jon Kabat-Zinn***

