

**Mayo Clinic Minute**

**What is mindfulness?**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b> <b>VO: Person sitting still</b>	Mindfulness is a buzz word these days. But what does it really mean?
<b>SULL0001 4:00</b> <b>Richa Sood, M.D.</b> <b>General Internal Medicine</b> <b>Mayo Clinic</b>	“At its core, there are two big components. The first one is putting our attention in the moment where we want it to be.”
<b>Vivien Williams</b> <b>VO: young man listening to music on dock</b>	Dr. Richa Sood says to pay attention to the here and now. That way, your mind won’t wander or focus on the negative.
<b>SULL0001 4:17</b> <b>Richa Sood, M.D.</b>	“But sometimes the present moment may be dull. It may be painful. So attention alone doesn’t cut it. We also need to be looking at the moment in a nonjudgmental fashion.”
<b>Vivien Williams</b>	What does that mean?
<b>SULL0001 4:55</b> <b>Richa Sood, M.D.</b>	“When we get a thought or an experience, we immediately have a response to it: good, bad, not so good, I don’t care, I’m scared. We just want to be safe.”
<b>Vivien Williams</b> <b>VO: people interacting</b>	Dr. Sood says before you respond, pause.
<b>Richa Sood, M.D.4:35</b>	“Mindfulness is attention, focus and delayed judgment, which decreases emotional reactivity.”
<b>Vivien Williams</b> <b>VO: People walking and smiling</b>	Mindfulness may reduce stress and improve quality of life.

For the Mayo Clinic News Network, I'm  
Vivien Williams.