

The background features a detailed illustration of a tree with a thick, gnarled trunk and a dense canopy of branches. The leaves are rendered in shades of blue and green, with some appearing to have a shimmering or iridescent quality. The tree's roots are visible at the bottom, spreading out across the frame. The overall scene is set against a dark, almost black background, which is populated with numerous small, glowing white and blue dots, resembling stars or particles. A single bird is shown in flight in the upper right quadrant, its wings spread. The text is overlaid on the tree's canopy and trunk.

# ***MINDFULNESS: TAKE HOME POINTS***

Mindfulness is a relaxation strategy that can be helpful in calming the mind by reducing our tendency to try to control it, which often makes the anxiety worse.

Mindfulness techniques focus on facts and objective information about current experiences, including emotions, thoughts, memories, and sensations. Our aim is to notice these experiences without judgment or any attempt to change them; we simply observe them, like clouds in the sky or the images on a movie screen.

Mindfulness techniques are not likely to cure anxiety all by themselves, but they can be helpful if used with other CBT skills, and can provide a foundation upon which to develop these skills.