Don't get discouraged. Mindfulness is an excellent way to be in touch not only with what is happening around you but also to understand how your inner world interacts with the environment.

Mindfulness helps us to connect with the Observing Self and to create necessary boundaries for overcoming them. Concentrating on any single one.

Observe all the sounds that are around you, and simply let them be present, without engaging. Let them be present and then let them go. Don't allow them to guide you. Don't try to fight them - just observe them.

For example, if you are preparing for your public speech, take a few minutes for this exercise. What can mindfulness do for you? What can you do with all the thoughts and feelings you noticed? Can they disappear into thin air? Perhaps not, but if you don't feed them with your energy and time, they will become weaker. Maybe they won't go away entirely, but practicing mindfulness will help you bear the pain of this self.

The Observing Self - responsible for attention and awareness. This part of our minds can become aware of the things we feel or think at any given moment, as it observes everything that is happening both inside and outside of us.

Mindfulness helps increase self-awareness and leads to a more direct contact with both our inner and outer worlds. This is a simple mindfulness exercise you can practice whenever your thoughts and feelings start to wander - that is perfectly normal. Just let it wander and switch focus to your thoughts and feelings again.

Feeling in your chest? Is your stomach quiet? Can you feel your back? How does it when your legs are touching the chair and the floor? What do you feel in your chest? Is your stomach quiet? Can you feel your back? How does it feel when your legs are touching the chair and the floor? What is the time in your mind? Is it 10 am? 11 am? 12 noon? Mindful engagement throughout with the Observing Self can help us to practice acceptance - which you will learn about next - it will become much easier.

However, mindfulness is not about changing your state of mind. It's not a relaxation exercise product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self. The other self - The Observing Self - is responsible for attention and awareness. This part of the self can be affected by cognitive distortions. The content of our thoughts is a product of this self.