



# Mindfulness

*Still your attention, one moment at a time. Act with intention.*

## The Science and Theory



Mindfulness is the act of paying attention, purposefully, in the present moment, without judgment. It is a powerful way to regain control of our attention and impulses in a world full of distractions. The science of mindfulness shows that attentional control leads to well-being outcomes. Grounded in the five-factor mindfulness model, this module helps you cultivate the ability to be more centered, grounded, and mindful.

## The Practice



In this session, you will learn:

- The science of mindfulness
- How to pull back from mind-wandering and autopilot states
- The five elements of mindfulness
- Approaches to cultivate greater mindful awareness

## The Module



This 2-hour course introduces you to mindfulness for everyday life.

- Part 1: Mindfulness and autopilot
- Part 2: Mindfulness self-reflection
- Part 3: Cultivating mindfulness in everyday life
- Part 4: Making mindfulness a habit

## Complementary Modules



This 2-hour module pairs well with:

- Module 1: Emotional Intelligence
- Module 5: Attunement and Positive Responding

## Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

## Contact Us



For more information on this course, or to engage one of our trainers for your session, email [teeyj@help.edu.my](mailto:teeyj@help.edu.my)

## Web and Resource Article



- [www.emotivity.my](http://www.emotivity.my)
- <https://emotivity.my/moving-the-body-stilling-the-mind>

## References



- Baer, R., Gu, J., & Strauss, C. (2025). Five facet mindfulness questionnaire (FFMQ). In *Handbook of assessment in mindfulness research* (pp. 307-329). Cham: Springer Nature Switzerland.
- Kabat-Zinn, J. (2015). Mindfulness. *Mindfulness*, 6(6), 1481-1483.
- Khoury, B., Sharma, M., Rush, S. E., & Fournier, C. (2015). Mindfulness-based stress reduction for healthy individuals: A meta-analysis. *Journal of Psychosomatic Research*, 78(6), 519-528.