What is Mindfulness?
Mindfulness is awareness that comes from purposefully paying attention to the present moment. Mindfulness is a state that can be realized through practice.
https://www.mindful.org/what-is-mindfulness/

Thich Nhat Hanh defines mindfulness as when your mind and body are truly connected.
https://www.youtube.com/watch?v=xIDi6VUOril

Benefits of Mindfulness
- Reduces anxiety
- Improves sleep
- Reduces negative thoughts
- Decreases stress
https://younmatter.world/en/definition/what-is-mindfulness-definition/

Quick Mindfulness Exercises
These exercises follow the principle that where your attention is, your energy is also.
In other words, energy follows attention.
1. To move energy to your center, try this.
Imagine a small orb of light (a color you like) in the back of your mouth.
Stay with it as it goes down your throat to your center, just above your belly button.
Stay with it there. For at least 30 seconds.
Do you see how your mind cleared? And how you feel more grounded?
2. Clench your right fist for 5 seconds. Inhale. Slowly exhale breathing into each finger as they open. Repeat with your left fist.

How to Practice Mindfulness
https://www.lionsroar.com/mindful-living-thich-nhat-hanh-on-the-practice-