

Need another word that means the same as “mindfulness”? Find 1 synonym for “mindfulness” in this overview.

Table Of Contents:

- [Mindfulness as a Noun](#)
- [Definitions of "Mindfulness" as a noun](#)
- [Synonyms of "Mindfulness" as a noun \(1 Word\)](#)
- [Usage Examples of "Mindfulness" as a noun](#)

**The synonyms of “Mindfulness” are: heedfulness**

## **Mindfulness as a Noun**

### **Definitions of "Mindfulness" as a noun**

According to the [Oxford Dictionary of English](#), “mindfulness” as a noun can have the following definitions:

- *The quality or state of being conscious or aware of something.*
- *A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.*
- *The trait of staying aware of (paying close attention to) your responsibilities.*



## **Synonyms of "Mindfulness" as a noun (1 Word)**

**heedfulness** The trait of staying aware of (paying close attention to) your responsibilities.







## Usage Examples of "Mindfulness" as a noun

- *Their mindfulness of the wider cinematic tradition.*

