

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

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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.*

