

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

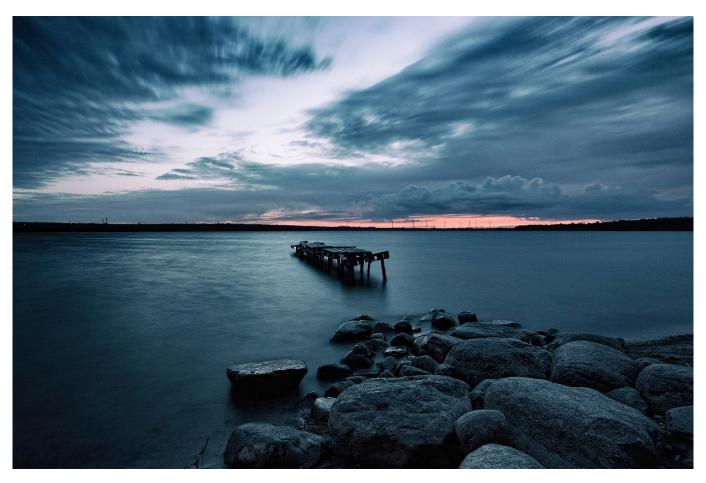
Mindfulness as a Noun

Definitions of "Mindfulness" as a noun

According to the <u>Oxford Dictionary of English</u>, "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.

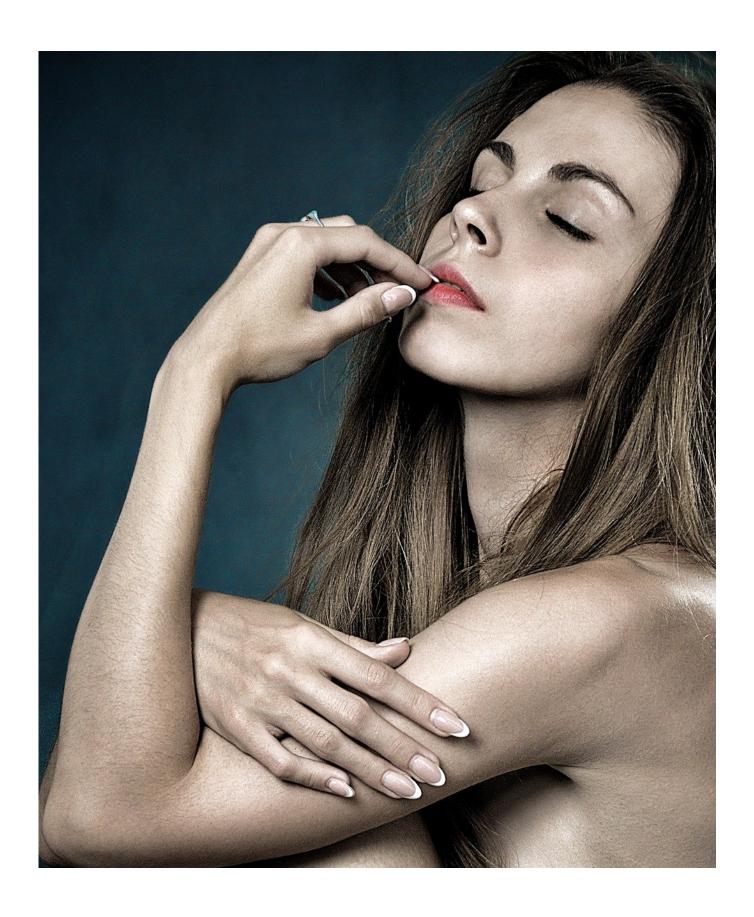




Synonyms of "Mindfulness" as a noun (1 Word)

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.

