

# Mindfulness vs CBT vs MBCT

## Mindfulness

- Mindfulness is an **awareness practice**
- The goal of mindfulness is to **pay attention to the present moment** nonjudgmentally
- Mindfulness can be practiced while seated, standing, walking, **or as a part of daily life**



## CBT

- Stands for **Cognitive Behavioral Therapy**
- Commonly used in talk therapy
- Focuses on **identifying negative beliefs** and replacing them with positive ones
- Often used to treat **depression, anxiety**, and other mental health conditions

## MBCT

- Stands for **Mindfulness-Based Cognitive Therapy**
- Created to **combine the advantages** of CBT & mindfulness
- MBCT teaches you to **separate yourself from your thoughts** ("decentering")
- Often used in treatment for **chronic depression**

