Mindfulness vs Flow

**Mindfulness**
- Mindfulness can be an easier state to reach than flow
- Like flow, mindfulness is about a present-moment focus
- A state of mindful awareness is nonjudgmentally open to other thoughts that may arise, outside of the activity at hand
- Mindfulness is challenging to practice continuously, but it's accessible in any moment

**Flow**
- Flow is a state of mind in which you're completely lost in an activity that you not only enjoy, but that also challenges you
- People experiencing flow notice a loss of self-consciousness and a total immersion in the activity at hand
- Flow is frequently observed in creative work, like painting, writing, and music.
- Flow can be a challenging state to reach