

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

