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## [Whole Health: Mindful Awareness for Veterans](#)

### **Overview**

Mindful awareness is about noticing what is happening when it happens. It is paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.

Mindful awareness helps you to be aware of thoughts and feelings. Yet you don't focus on them. Instead, mindful awareness helps you focus on the present and what is most important to you.

### **Why is mindful awareness important?**

Mindful awareness is at the heart of Whole Health. It can help you live your life more fully, with all its joys and challenges. In general, mindful awareness may:

- Improve your quality of life, helping you experience more moments of your life.
- Help you see things as they are and observe—but not judge—your experiences.

The resources offered here will support you as you work on mindful awareness.

### **Whole Health -- Mindful Awareness Handouts**

- [An Introduction to Mindful Awareness](#)
- [Mindful Awareness Practice in Daily Living](#)
- [Precautions with Using Mindful Awareness Practices](#)

### **For More Information**

Go to the [VA Whole Health-Mindful Awareness webpage](#) for more information on:

- Video Resources
- Guided Meditation Audio Files
- Other Mindfulness Resources

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