



LUNASTONE  
ANXIETY HAS PURPOSE. FIND YOURS

## Non-attachment vs. Mindfulness

	Aliases	Relationship to emotion	Action	When to use	Pathway to relief	Outcome
<b>Non-attachment</b>	<ul style="list-style-type: none"> <li>• Distraction</li> <li>• Neutral observation</li> <li>• Detachment</li> </ul>	Distant	<ul style="list-style-type: none"> <li>• Move AWAY FROM</li> <li>• observe</li> </ul>	When anxiety is overwhelming, and you need relief now	Through doorway/skill that takes you “back” or “above”	Temporary relief
<b>Mindfulness</b>	<ul style="list-style-type: none"> <li>• Present moment awareness</li> <li>• Presence</li> <li>• Being in the “now”</li> </ul>	Close	<ul style="list-style-type: none"> <li>• Move INTO and THROUGH</li> <li>• experience</li> </ul>	In between episodes of high anxiety  When you feel disconnected	Through doorway/skill of self-acceptance	Permanent relief

### Key Daily Practices:

For over-feelers: Replace “I am [emotion]” with “I am observing [emotion]”  
 For over-doers: How slow can I go..?