

Dispositional mindfulness is an attitude of acceptance of the present moment's sensations, thoughts, and feelings. This is something everyone has and can be increased with focus based meditating (OHMMMM meditation) and open monitoring meditation (being told to be mindful). Each person varies in their degree of mindfulness. The research examines the relationship between dispositions mindfulness and college students self-reports of stress, anxiety, and depression, as well as well-being.