

WHAT WILL HAPPEN IF YOU START PRACTICING MINDFULNESS TODAY

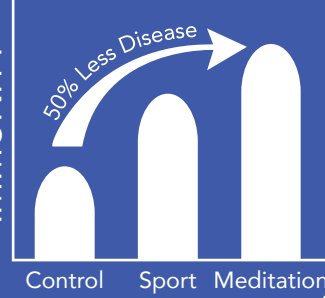


FOCUS



Control Meditation

IMMUNITY



Control Sport Meditation



Super Mind

- Increases mental strength & focus
- Increases memory retention & recall
- Better cognitive skills & creative thinking
- Better decision making & problem solving
- Better information processing
- Helps ignore distractions
- Helps manage ADHD

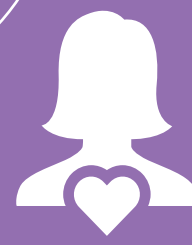
Healthier Body

- Lessens premenstrual & menopausal syndrome
- Helps prevent Arthritis, Fibromyalgia & HIV
- Lessens inflammatory disorders & asthma
- Improves immune System & energy level
- Improves breathing & heart rates
- Lessens heart & brain problems
- Reduces blood pressure
- More longevity

Less Depression 75%
Less Anxiety 30%
65% More Well-being



Emotional Well-being



- Lessens worry, anxiety & impulsivity
- Lessens stress, fear, loneliness & depression
- Enhances self-esteem & self-acceptance
- Improves resilience against pain & adversity
- Increases optimism, relaxation & awareness
- Helps prevent emotional eating & smoking
- Helps develop positive social connections
- Improves your mood & emotional intelligence

Content developed by LiveAndDare.com

LiveAndDare.com has analysed over 100 scientific papers on meditation and summarised 76 benefits.

For an expanded version of this information please visit: <http://liveanddare.com/benefits-of-meditation>

Sources include:

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“MINDFULNESS

is a form of attention and awareness training that helps people relate more effectively to their day to day experiences.

It involves paying attention to thoughts, feelings and body sensations in a way that increases awareness, acceptance and self-compassion to help manage difficult experiences, and create space to make wise choices. 'Mindfulness is the awareness that emerges through paying attention on purpose in the present moment and non-judgmentally to things as they are.' Jon Kabat-Zinn 1994.p4

MINDFUL ATTITUDES INCLUDE:
PATIENCE, TRUST, CONTENTMENT,
ACCEPTANCE, LETTING GO

VS.

WHAT OCCUPIES YOUR ATTENTION?

ZONING OUT, DISTRACTIONS AND MULTITASKING, THINKING ABOUT THE FUTURE, THINKING ABOUT THE PAST

Anyone can learn and practice mindfulness; children, young people and adults can all benefit. It's simple, you can practice it anywhere and the results can be life-changing

“MINDFULNESS

is a set of practical techniques for systematically training your attention. Improved attention will result in better listening, better emotional balance and less stress. For anyone in a leadership position these are keys to success. Additionally, being mindful will enable you to create stronger teams and a more supportive and positive work environment. This in turn will lead to greater productivity and less workplace stress and conflict.”

Michael Forlenza, PhD, MPH



THERE ARE MANY WAYS TO LEAD MINDFUL LIVES

Mindful walking invites you to leave the business behind and enjoy where you are right now in this moment!

Mindful Eating encourages you to be conscious of what your body needs and when!

Mindful leadership actions take focus and planning but the possibilities are endless!

5.LET GO

4.COMPLETE

3.TAKE ACTION

2.EXPLORE

1.ENTER

5

STEPS OF MINDFUL ACTION: