

HOW TO PRACTICE

Mindfulness

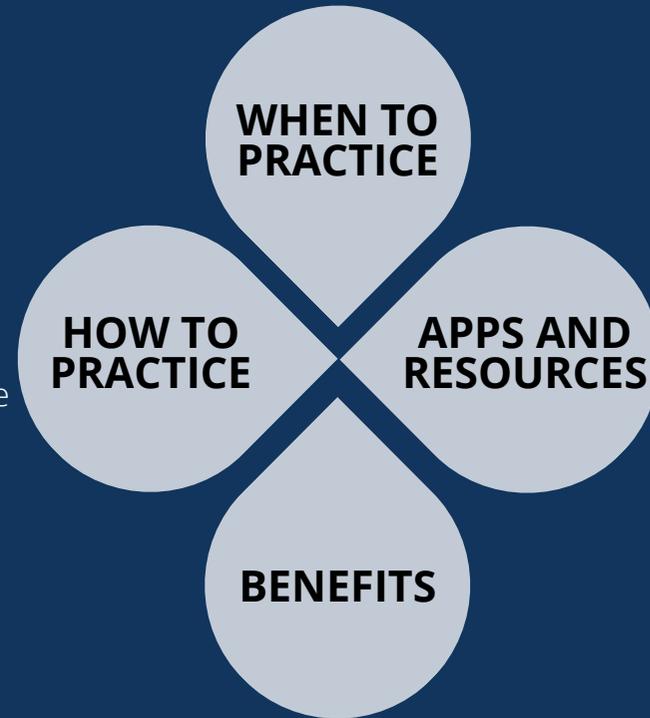
MINDFULNESS IS THE PRACTICE OF CALMING AND REFOCUSING THE BRAIN ON PRESENT THOUGHTS AND FEELINGS RATHER THAN FUTURE OR PAST THOUGHTS AND FEELINGS



When you are:

- Worried about future events
- Regretting past events
- Not in the present headspace
- Feeling overwhelmed, stressed, anxious or depressed
- Having a difficult time falling asleep

- Yoga
- Meditation
- Breathing Exercise



- Headspace
- Calm
- Aura
- Insight Timer
- Mindful.org

- Reduces stress and anxiety
- Boosts levels of attention and concentration
- Reduces depression, low moods and low self-esteem
- Teaches you to re-evaluate negative thoughts
- Better sleep