



# The Benefits of Mindfulness

Mindfulness is a state of attentiveness and awareness of what's happening in the present moment. It means understanding life's problems with a clear mind. Many people may not understand what mindfulness entails. Mindfulness is not positive thinking, a relaxation technique, going into a trance, or trying to empty your mind.

## Practicing mindfulness can have positive outcome.

- Health
- Well-being
- Cognitive skills (attention, focus, memory)
- Interpersonal skills (assertiveness)
- Better communication
- Better decision-making
- Team development – more awareness of other's needs

With practice, meditation can teach you to approach experiences in new ways. You'll learn moment-by-moment, non-judgmental awareness of your body's sensation, your thoughts and emotions.

## In the workplace, practicing mindful habits can improve your daily life.

- Mindfulness may help the mind react better to high-stress situations.
- Mindfulness can help the mind recover more quickly from high-stress situations.
- Mindfulness may regulate psychological and biological responses to stress.

## What are the physical and mental benefits of mindful practice?

- Sensory processing is strengthened.
- Increase in focus, follow through, and prolonged attention.
- Decrease in ADHD-related behaviors.
- Strengthens immune system.
- Allows the body to recover sooner from stressful situations.

## What are the emotional benefits of mindful practice?

- Long-term practice shows higher levels of empathic awareness.
- Overall positive mood.
- Symptoms of anxiety and depression are reduced.
- Those prone to depression are less likely to relapse when practicing mindful awareness.



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