

Mindfulness



"**Mindfulness** means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally."

– **Jon Kabat-Zinn**

Benefits of being 'Mindful'

Living and being in a mindful state can have great benefits in both your personal and professional lives.

1) **Improve Well Being**

- Savour the pleasures in life as they occur. Become fully engaged in activities, and have a greater capacity to deal with adverse events.
- Focus on the here and now. Don't get caught up in worries about the future or regrets over the past. Lose your concerns about success and self-esteem, and form deeper connections with others.

2) **Improve Physical Health**

- Scientists have discovered the benefits of mindfulness techniques help improve physical health in a number of ways. Mindfulness can:
 - ⇒ help relieve stress
 - ⇒ treat heart disease
 - ⇒ lower blood pressure
 - ⇒ reduce chronic pain
 - ⇒ improve sleep
 - ⇒ alleviate gastrointestinal difficulties

3) **Improve Mental Health**

- Mindfulness has been increasingly used in the treatment process for a number
 - ⇒ depression
 - ⇒ substance abuse
 - ⇒ eating disorders
 - ⇒ couples' conflicts
 - ⇒ anxiety disorders
 - ⇒ obsessive-compulsive disorder

Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance.

Better Business Performance

All of the numerous benefits of mindfulness contribute to making **you** a better leader.

Being in a mindful state will allow you to:

- Make **better business decisions** due to a clearer state of mind.
- Have **more productive meetings** and conversations through increased focus and attention.
- **Deal with conflict and confrontation** in a more constructive and considered approach, through the ability to keep calm under pressure.



Reap the rewards of Mindfulness, today! Get in touch: