

6 WAYS MINDFULNESS SUPPORTS YOU & YOUR CLIENTS



Mindfulness is a moment-to moment awareness of one's experience without judgement.



Less Thinking, More Doing

Those who participated in mindfulness meditation showed decreased symptoms of depression, less rumination and had a longer attention span.



Less Stress

Mindfulness meditation has been proven to reduce negative emotions and anxiety. It changes how people react to stress by processing these emotions differently.



Improved Working Memory

Mindfulness meditation has been shown to increase working memory in high-stress situations.



Better Focus

Mindfulness has been proven to help improve one's focus. Mindfulness meditation allows you to focus your attention and disregard distracting information.



Cognitive Flexibility

Mindfulness can help develop a sense of 'self-observation', allowing an individual to assess situations in a more present state of being.



Higher Relationship Satisfaction

Mindfulness helps improve relationships by helping you communicate your emotions to your partner and deal more rationally in various stressful situations.