



MINDFULNESS

*BEING PRESENT IN THE CURRENT
THE CURRENT MOMENT WITHOUT
JUDGEMENT ~ JON KABAT-ZINN*

MINDFULNESS IS A PRACTICE OF BECOMING MORE AWARE THROUGH DIRECTED FOCUS. USING MINDFULNESS TECHNIQUES DEVELOPS MORE AWARENESS AND HELPS REDUCE STRESS, ANXIETY AND IMPROVED HEALTH.

LIFE HAS MANY DISTRACTIONS IN THE WORLD AROUND US AND ALSO IN OUR MINDS. IT BECOMES DIFFICULT TO CONCENTRATE, FIND PEACE, COMMUNICATE OR TRULY DEVELOP DEEP CONNECTIONS WHEN WE ARE CLUTTERED IN DISTRACTIONS.

MINDFULNESS HELPS REWIRE THE BRAIN, MAKING YOU LESS REACTIVE AND GIVING YOU MORE FOCUS. USING BREATHING EXERCISES AND HAVING NOISES HELPS INCREASE AWARENESS OF EXPERIENCE AND DECREASE JUDGMENT. AFTER 8 WEEKS OF CONSISTANT MINDFULNESS, CHANGES CAN BE SEEN IN THE BRAIN!

