



# MINDFULNESS

## HOW TO START

Mindfulness means paying attention to the present moment, your thoughts, feelings, body, and surroundings, without judgment.

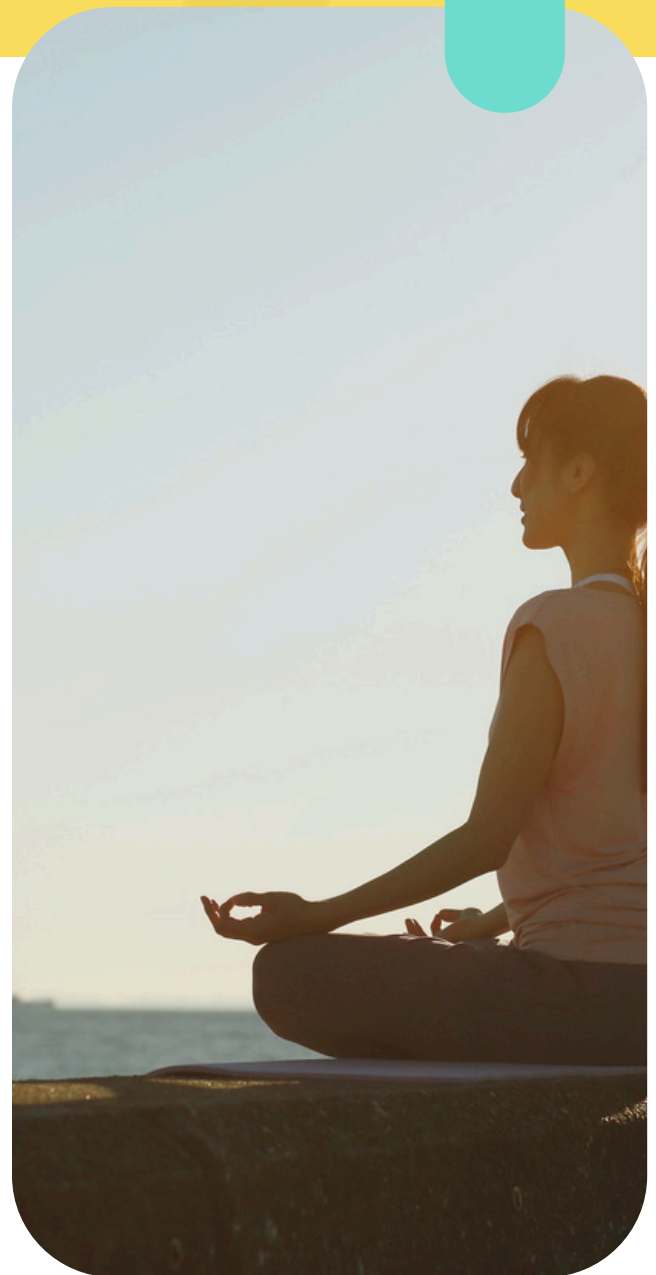
### **Mindfulness offers a range of benefits:**

- Mental and emotional: It reduces stress, anxiety, and depression, improves emotional regulation, decreases negative thinking, and boosts self-awareness and emotional intelligence.
- Cognitive: Enhances focus, memory, creativity, and problem-solving skills.
- Physical: Supports lower blood pressure, reduces chronic pain, and improves sleep quality

### **Formal practices include:**

- Meditation: Focusing on the breath, body, or sounds, and gently returning attention when it drifts.
- Body scan: Bringing awareness to different parts of the body while lying still.
- Guided sessions: Using apps like Calm or Headspace for structured practice

Every day mindfulness involves fully focusing on simple activities such as feeling your steps while walking, savoring your food, truly listening to others, noticing small details around you, and taking brief moments to pause and stay present throughout the day (HealthDirect 2025).





# Contact Information

## Navigate Challenges. Cultivate Growth.

Get in touch today to learn more, see our availability, or book a session.

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## SOCIALS



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