

BENEFITS OF MINDFULNESS

during times of uncertainty

DECREASES STRESS & ANXIETY

Mindfulness teaches one how to respond to stress with awareness of what is happening in the present moment rather than reacting to our learned stress responses.

IMPROVES ATTENTION & BRAIN FUNCTIONING

Mindfulness improves one's ability to focus attention through better control of executive brain functioning. We learn to focus on a present task rather than being distracted by past or future thoughts.

IMPROVES MOOD & EMOTIONAL REGULATION

Mindfulness can change one's perspective of oneself by increasing self-acceptance and emotional intelligence. Reducing emotional reactivity and personal judgements help to increase self-esteem.

INCREASES OVERALL HEALTH & BODY AWARENESS

Studies have shown that mindfulness reduces blood pressure and cortisol levels (a stress hormone). Body awareness is the ability to notice subtle physical sensations and self report those findings.

HOW TO BE MINDFUL RIGHT NOW

Bring awareness to your breath in this moment, notice the rising and falling of your chest. Notice the sensations as your breath moves in and out of your body. When your mind wanders gently bring your attention back to your breath.

SHANTHIproject