WHAT IS MINDFULNESS?

Mindfulness is a practice of gently focusing your awareness on the present moment and being fully engaged with whatever you're doing at the moment — free from distraction or judgment.

BEING MINDFUL...

- improves brain activity and creativity
- boosts mood and self-esteem
- reduces stress, worries, and regrets
- helps develop stronger relationships
- improves quality of sleep
- encourages positive behavior
- improves decision making ability

Mindfulness is a superpower.

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