



The Benefits of Mindfulness & Meditation

MIND	BODY	SPIRIT
<ul style="list-style-type: none">• Improving Focus	<ul style="list-style-type: none">• Reducing Anxiety	<ul style="list-style-type: none">• Developing Intuition
<ul style="list-style-type: none">• Increasing Creativity	<ul style="list-style-type: none">• Improving Ability to Cope with Stress	<ul style="list-style-type: none">• Cultivating Empathy
<ul style="list-style-type: none">• Building Confidence	<ul style="list-style-type: none">• Lowering Blood Pressure	<ul style="list-style-type: none">• Building Gratitude
<ul style="list-style-type: none">• Developing Resilience	<ul style="list-style-type: none">• Improving Ability to Sleep	<ul style="list-style-type: none">• Developing Humility
<ul style="list-style-type: none">• Reducing Burnout	<ul style="list-style-type: none">• Improving Oxygen Consumption	<ul style="list-style-type: none">• Fostering a Balanced Ego
<ul style="list-style-type: none">• Managing Anger	<ul style="list-style-type: none">• Managing Chronic Pain	<ul style="list-style-type: none">• Promoting a Peaceful Attitude