

Mindfulness instruction for...

- ▶ Work Teams & Groups
- ▶ Individuals
- ▶ Leaders & Managers
- ▶ Couples & Families

FACT SHEET 2018

Mindfulness is the awareness that emerges through paying attention in a specific way that is intentional, without judgment and purposefully.

Benefits

- _Strengthens immune system
- _Creates healthier physiological responses to stress and negative emotions
- _Improves socializations skill with family members, strangers and friends
- _Reduces anxiety
- _Increases the feeling of well-being and happiness
- _Produces appropriate responses rather than spontaneously reactions

Mind Full, or Mindful?



Eight Things Mindful People Do Differently

1. Approach everyday things with curiosity and then savor them
2. Forgive their mistakes – big or small
3. Show gratitude for good moments and grace during bad ones
4. Practice compassion and nurture connections
5. Make peace with imperfections, inside and out
6. Embrace vulnerability by trusting others and themselves
7. Accept and appreciate that things come and go
8. Form opinions based on facts not beliefs and without judgments

*Mindfulness gives you time.
Time gives you choices.
Choices, skillfully made, lead to freedom. You don't have to be swept away by your feeling. You can respond with wisdom and kindness rather than habit and reactivity.*

– Bhante Henepola Gunaratana –

Don't just look - observe

Don't just swallow - taste

Don't just sleep - dream

Don't just think - feel

Don't just exist - live

While Eyes Are Closed

Observe breath, observe thoughts, experience comfort with self, stillness and silence.

While Eyes Are Open

Walk, drive, eat, work, deal with difficult situations, cultivate acceptance, kindness and non-judgmental opinions.



Loving yourself from the inside out.

"You can't stop the waves, but you can learn to surf."

Jon Kabat-Zinn

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