

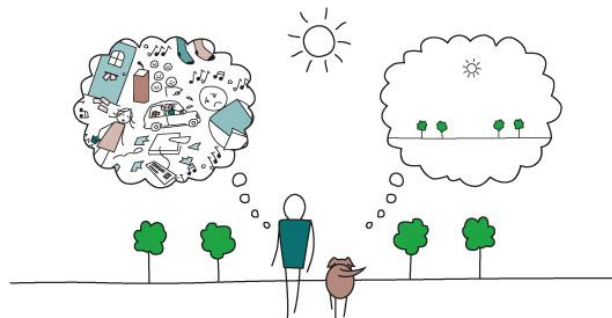
Why Practice Mindfulness?? Just a few reasons...

Improved Personal Health & Wellbeing

- Sleep Disorders
- Chronic Pain
- Blood Pressure
- Cardiovascular Disease
- Diabetes
- Chronic Fatigue Syndrome
- GI Distress
- Cancer symptoms
- Asthma
- Headaches
- Stress
- Depression
- Anxiety
- Substance Abuse
- Phobias
- PTSD
- Panic Attacks
- Eating Disturbances

Improved Productivity and Performance

- *Stay Calm* in conflict and crisis = logical decision making
- *Improve Attention* = stay focused
- *Enhance Working Memory* = remember details
- *Increase Presence* = clarity of communication
- *Increase Flexibility* = find creative solutions
- *Improve Social Connection* = better relationships
- *Increase Positive Mood* = feel happier
- *Improve Immune Function* = get sick less often
- *Reduce test-anxiety* = get better grades
- *Increase emotional resilience* = bounce back from setbacks
- *Improve moral reasoning & ethics* = make better decisions
- *Reduce burnout* = be more engaged
- *Reduce mind-wandering* = stay on task



Mind Full, or Mindful?



Ten Simple Practices to Bring Mindfulness to Your Day

1. ***Set an intention for each day.*** Gratitude. Presence. Compassion. Breathe.
2. ***Mindful Driving.*** When driving, pay attention to actually driving. Focus on the feel of the steering wheel, the traffic around you and remember to breathe.
3. ***A brief breath to begin your day.*** In the morning when turning on your computer, take a few moments to close your eyes and focus on your breathing.
4. ***“Where are my feet?”*** When in a conflict situation, think of what your feet feel like right now to ground you and calm the nervous system.
5. ***Mindful Meetings.*** Before meetings, pause before entering to take a grounding breath.
6. ***Clear some breathing space with a Mindful Check-In.*** Set an alarm to remind you to take 3-5 minutes to refocus and recharge.
7. ***Mindful emailing.*** Before hitting send on an emotionally charged email, stop and take 10 breaths. Notice any sensations in your body and identify the cause. Then re-read your email before sending.
8. ***Uni-task.*** Do just one thing at a time and really pay attention to doing that one task, be it drinking coffee, writing an email, or attending a conference call.
9. ***Eat a meal mindfully.*** Choose one meal to eat slowly and with attention to all of the textures, flavors and sensations that accompany it. Consider where the components of the meal came from and the journey from production to plate.
10. ***Mindful Communication.*** Practice being fully present and open in a conversation. Drop all agenda and explore what it is like to deeply listen and trust emergence of your own wisdom.



Representative Work-Related Benefits of Mindfulness Training

- Decrease mind-wandering¹
- Increase focus¹
- Improve working memory²
- Improve critical cognitive skills^{1, 2, 4}
- Reduce test-anxiety^{3, 6}
- Improve concentration^{4, 5}
- Reduce symptoms of stress^{5, 6, 11}
- Reduce burnout⁷
- Improve immune function⁸
- Increase emotional resilience¹⁰
- Improve mood and wellbeing⁹
- Increase creative thinking¹²
- Improve moral reasoning and ethical decision making^{13, 14}
- Reduce sunk-cost bias¹⁵
- Improve negotiation outcomes¹⁶
- Improve rational decision-making¹⁷

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Representative Research on Mindfulness-Based Programs for Substance Abuse Disorders and Anxiety & Depression Treatment

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