

WHAT ARE THE BENEFITS?

Mindfulness doesn't work for everyone, but many people find it beneficial when practised regularly. fMRI scans show that changes in brain activity in subjects who have learned to meditate hold steady even when they're not meditating. Studies report benefits for:

Reduces heart rate and blood

pressure

(OGNITION)

Improves working memory, planning, decision making, creative thinking and focus



SLEEP Body scan technique especially helpful

Benefits shown in depression using

MCBT -Mindfulness-based Cognitive Behavioural Therapy

Increases emotional intelligence

ADDICTIONS

Helps to manage cravings for food, cigarettes, alcohol and other substances

PAIN

Changes the perception of pain and improves tolerance

GENERAL HEALTH

8 weeks of practice led to a change in the expression of 172 genes that regulate inflammation, circadian rhythms and glucose metabolism

MINDFULNESS CHANGES YOUR PERCEPTIONS AND FEELINGS:

Become more self-aware, understand yourself better

Feel calmer and less stressed

Stand back from our thoughts and start to see their patterns

Choose how to respond to your thoughts and feelings

Experience afresh things that you have been taking for granted

Cope better with difficult thoughts







HOW TO PRACTISE?

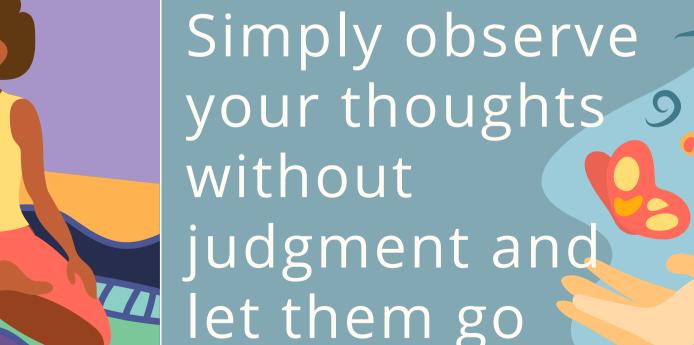
Positively change the

and our lives

way we see ourselves



Choose a technique that works for you



Keep bringing your attention back if your mind starts to wander

An app or guided meditation can be helpful



SUPER® WELLNESS

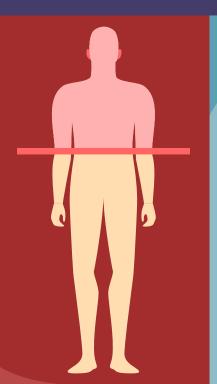
SOME TECHNIQUES TO CHOOSE FROM:



Movement (yoga, walking, T'ai

Mindful eating

Body scan technique



Apply mindfulness to an everyday activity