Benefits of Mindfulness

Studies have shown that practicing mindfulness:

- Boosts the immune system, helping to fight illness
- Reduces chronic pain
- Decreases blood pressure as well as the risk for heart disease
- Decreases anxiety, stress and depression
- Improves coping skills
- Increases positive emotions, wellbeing and self esteem
- Improves focus, sharpens memory and helps block out distractions
- May help parents strengthen relationships with their children, be happier with their parenting skills and helps their children have better social skills
- Reduces pregnancy-related stress, anxiety and depression
- Decreases aggression and behavior problems in students in schools
- Reduces symptoms of Post Traumatic Stress Disorder (PTSD) in veterans
- Encourages healthier eating habits and helps with weight loss, when mindful eating is included
- Enhances relationships
- Reduces impulsivity
- Inspires us to be more compassionate, empathetic and less judgmental
- Decreases loneliness in the elderly
- Improves sleep quality

*Practice living in the moment and enjoy the benefits!*