



BENEFITS OF MINDFULNESS

The possible benefits of Mindfulness include helping you:

- be fully present here and now.
- to experience unpleasant thoughts and feelings safely.
- to become aware of what you're avoiding.
- to become more connected to yourself, to others and to the world around you.
- to increase self-awareness.
- to become less disturbed and less reactive to unpleasant experiences.
- to learn the distinction between you and your thoughts.
- to have more direct contact with the world, rather than living through your thoughts.
- to learn that everything changes; that thoughts and feelings come and go like the weather.
- to have more balance, less emotional volatility.
- to experience more calm and peacefulness.
- to develop self-acceptance and self-compassion. (Dr. Russ Harris)