



**Reclaim Your
Energy & Focus
Take Control
Of Your Life**

**Employer Provided
Training Opportunity**

MINDFULNESS TRAINING

Training Includes:

- Safety In The Nervous System
- Awareness of Breath
- Body Awareness
- Mindful Movement
- Mindfulness of Emotions
- Loving-Kindness
- Mindful Communication
- Mindful Eating
- Mindful Art

**Reduce Stress • Reclaim Attention & Focus • Cultivate Lasting Well-Being
Right Where You Work**

THE BENEFITS OF MINDFULNESS TRAINING



The Effects of Stress, Burnout and Overwhelm

Physical

High Blood Pressure, Impaired Immune System, Chronic Pain, Systemic Inflammation, Sleep Disturbances, Digestive Dysfunction, Inability to Relax

Mental

Impaired Right/Left Brain Cognition (Our ability to simultaneously think and feel), Impaired Learning and Memory, Impaired Decision Making, Inability to Focus or Sustain Attention, Lack of Creativity and Problem-Solving, Anxiety and/or Depression

Emotional

Learned Helplessness, Distress Intolerance, Emotional Dysregulation, Emotional Illiteracy, Lack of Ability to Trust, Maladaptive Submissiveness, Relational Dysfunction

When beginning a mindfulness practice, it's common to notice just how busy the mind can be. Thoughts might race, emotions may feel heightened, and sitting still can feel challenging. This is entirely normal, as mindfulness shines a light on what's already present in the mind and body. The practice invites gentle awareness of these experiences without judgment, offering a safe space to simply observe and accept. Over time, this process helps to cultivate patience and self-compassion, even in moments of discomfort or restlessness.

As beginners engage in mindfulness, they may also experience small but significant shifts in awareness. Everyday moments, like sipping tea or walking outside, can feel richer and more vivid. This heightened presence can bring a sense of calm and clarity, even in chaotic environments. Though the benefits may not be immediate or linear, consistent practice encourages a deepening connection to the present moment and a growing ability to respond to life's challenges with greater ease and resilience.



Mindfulness Practice



The Benefits of Mindful Living

Physical

Lower Blood Pressure, Stronger Immune System, Reduced Pain, Reduced Inflammation, Improved Sleep, Improved Digestive Function, Ability to Relax

Mental

Improved Right/Left Brain Cognition (Our ability to simultaneously think and feel), Improved Learning and Memory, Improved Decision Making, Improved Attention and Focus, Improved Creativity and Problem Solving, Improved Anxiety and/or Depression

Emotional

Self-Agency, Expanded Distress Tolerance, Emotional Regulation, Emotional Literacy, Ability to Trust Ourselves and Others, Healthy Boundaries, Improved Relationships

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