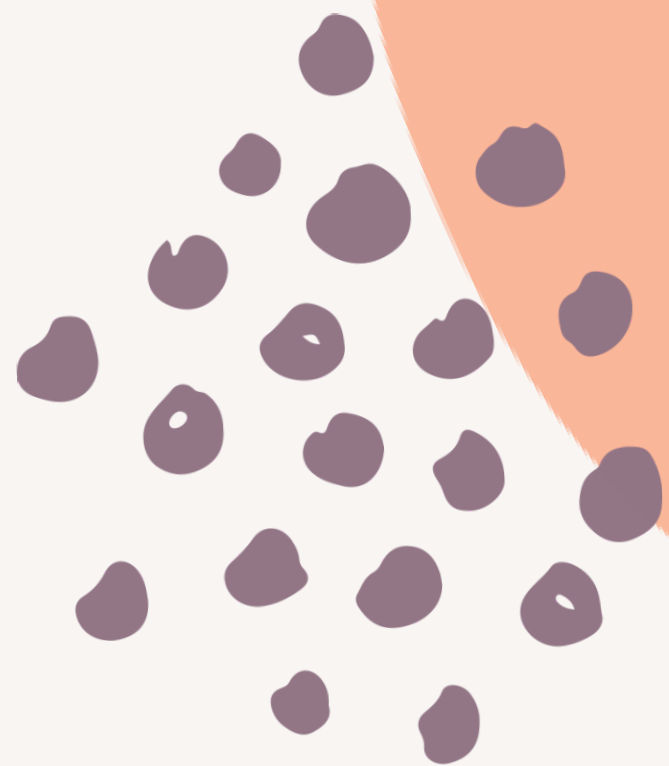


The background features a light beige color with several decorative elements: a large purple organic shape in the top-left corner, a smaller orange leaf-like shape in the top-right corner, a purple leaf-like shape in the bottom-right corner, and clusters of small beige dots in the bottom-left and middle-right areas.

**Practicing Mindfulness
Meditation Effectively
World Meditation Day (21st
May)**

*"We can't always change what's
happening
around us, but we can change
what happens within us."*



Benefits of Mindfulness Meditation

01

Stress Relieve and Less Anxiety

By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety

02

Better Focus and Productivity

Mindfulness helps us recognize distracting thoughts or impulses and let them pass without indulging them

03

More Patience

Mindfulness teaches us to practice patience so it comes naturally to us when we need it

Benefits of Mindfulness Meditation



04

Improve Sleep Quality

By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety

05

Personal Development

Mindfulness meditation helps you better understand your authentic self by teaching you how to observe without judgment.

06

Improve Social Relationships

It's been shown to foster stronger social connections by allowing you to connect with others on a deeper level.



What's Your Feeling Now?

Anxious

Calm

Stressed

Excited

Sad

Happy

Bored

Worried

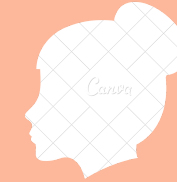
Mindfulness Meditation Preparation



Turn your phone
on silent and
go into a room
away from
others



You can sit on
top of a cushion or
the floor but
don't tense up



Focus your attention
on each inhale
and exhale



Learning how to
manage distraction
is a vital part
of the process

Let the Meditation Begin!

*Close your eyes and relax for
5 minutes*



Mindfulness

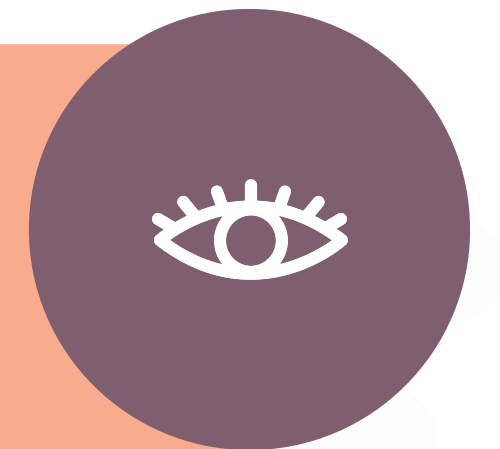
Focus Breathing is a quick and easy mindfulness technique.



It can help you calm your mind, relax and focus your attention to whatever it is you're doing right now... and enjoy the moment!



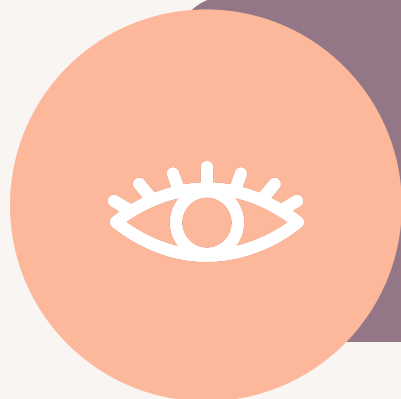
This is a great technique to build into your everyday life to connect with your breathing, your mind and your body... and you'll feel great afterwards!



Follow This Instruction



Make sure you are comfortable either sitting or standing in a quiet place if possible.



Close your eyes and take some slow deep breaths through your nose. Concentrate on your breath flowing in and out of your body.



Notice how it is cooler when you breathe in and warmer when you breathe out. Continue until you feel calm and relaxed.

