

# 4 Reasons to Practice Mindfulness

What is mindfulness?

Mindfulness is focusing your attention and being present in the moment. Being aware of your thoughts, surrounding environment, and feelings. Mindfulness is good for the mind, body, and soul.



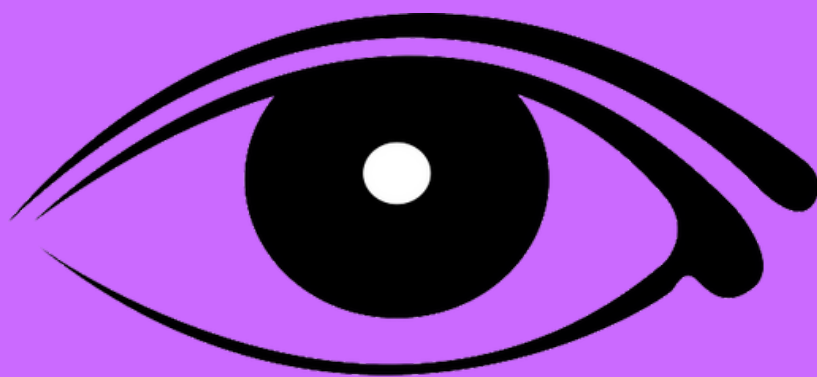
## 1 GOOD FOR YOUR MIND

Practicing mindfulness is good for the mind. Observing everything around you and looking at it with no judgement.



## 2 GOOD FOR THE BODY

Practicing mindfulness is good for the body. It can reduce stress levels.



## 3 HELPS TO FOCUS

Practicing mindfulness helps to focus. Mindfulness helps with attention skills and blocking out distractions.

## 4 GOOD FOR THE SOUL

Practicing mindfulness is good for the soul. Mindfulness can bring about better relationship with significant other, friends and family. Bringing you closer to each other.

