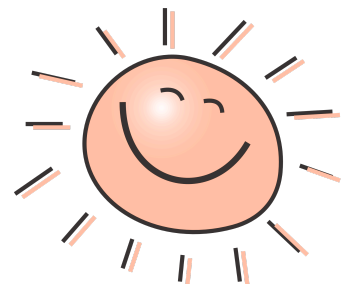


# MINDFULNESS

Mindfulness is a practice that trains the mind to be more aware, present and calm. This practice can be done by anyone and has many physical, mental, emotional and spiritual benefits.

## SOME BENEFITS OF MINDFULNESS

**Improves mood.** Neuroscience research shows that mindfulness makes us less reactive to stress and recover better from stress. It allows us to regulate our emotions and impulses better. Experience more JOY!



**Betters physical and mental health.** Mindfulness has positive effects on blood pressure, heart rate, sleep patterns and immunity. It improves focus, memory and cognition; allowing us to make better decisions. Experience more CLARITY!

**Reduces loneliness and improves relationships.** Studies show that mindfulness makes us LESS defensive, caught up in the past and judgemental. We are more empathetic. This promotes self love and fosters better relationships with others. Experience more CONNECTION!



## DAILY TIPS FOR MINDFULNESS

1

**Begin with Intention** (Not Reaction). Before diving into your to-do list, sit for 5 minutes. Ask: How do I want to show up today? Set an intention like "I choose presence," or "Today, I am mindful". This small act grounds your day with purpose.

2

**Brush with Your Non-Dominant Hand.** This snaps you out of autopilot. Focus on the motion, texture, and taste. Stay with the awkwardness. It trains your brain to stay present.

3

**Listen Closely.** Make it a point to REALLY listen to someone. Most of us listen to respond. Bring your mind back to what is being said instead of about what to say next. You will be surprised how much better you respond!

4

**Start with you breath.** Begin your day with 1 to 2 minutes of deep breathing with full awareness, especially before checking your phone.

5

**Eat One Meal Without Multitasking.** No emails, no scrolling, no screens, just eat. Notice texture, taste, temperature. Mindful eating isn't about food—it's a training ground for attention.

6

**Baby Steps.** Accept that the nature of the mind is to wander. So, don't be hard on yourself. Patience is KEY! Allow your practice to evolve without any expectations and judgements.

**Sick of the same negative patterns in your team or personal life? Want to create lasting positive shifts? Let's chat about how we can work together. Get in touch: [usha@nexustraininggroup.com](mailto:usha@nexustraininggroup.com)**