

I AM MINDFUL

Mindfulness is the state of having an active, open mind and experiencing life in the 'here-and-now' instead of letting it pass you by. Practicing mindfulness can help your life in a variety of ways. From helping to reduce stress, to increasing your satisfaction in life, being mindful can help you both at home and in the workplace.

Contact your program for confidential support and guidance to help you start taking a more mindful approach to life's daily challenges. Visit our Mindfulness Toolkit to find tip sheets, applications, audio lessons and helpful resources to help you be a more mindful person.

WWW.MINDFULNESS.TOOLS