

Mindfulness Meditation Objectives

Mindfulness Benefits:

- Increase one's ability to concentrate, yielding improved decision making, thoughtful speech, and greater effectiveness of action
- Improve relations with others
- Promotes empathy and kindness
- Strengthen immune system
- Reduce anxiety, stress and tension
- Improve self awareness, increasing one's ability to manage cravings and addictions
- Broaden comprehension and improve one's ability to focus
- Increase appreciation of the individual moments of one's life
- Enhance overall sense of wellbeing and cultivating resiliency



Skills Learned:

- How to develop a regular and consistent meditation practice
- Practical skills to improve the ability to handle stressful situations
- Social and emotional self regulation and control
- Methods for being physically and mentally relaxed and at ease
- Stress tolerance and impulse control
- How to face change and difficulties with greater ease