Mindfulness: An Upstream Solution
The Mozzarella Cheese Stick Incident
Web MD reports 75 to 90% of doctors visits are stress related. Have you or family member visited the doctor this year for something linked to stress?
NIH follows up with a study that 44% of Americans report an increase in psychological stress over the past five years.
This puts you at risk of many health problems: Anxiety, depression, digestive problems, headaches, heart disease, sleep problems, weight gain, memory and concentration impairment.
Attention
47%
No sleep
The classic definition of mindfulness is the awareness that develops from paying attention on purpose in the present moment without judgment.
The mind can be trained
REFLECTION
“Mindfulness: An Upstream Solution”
Thank you

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