

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.





RETREAT·TO·JOY
FIND YOUR CENTER

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%



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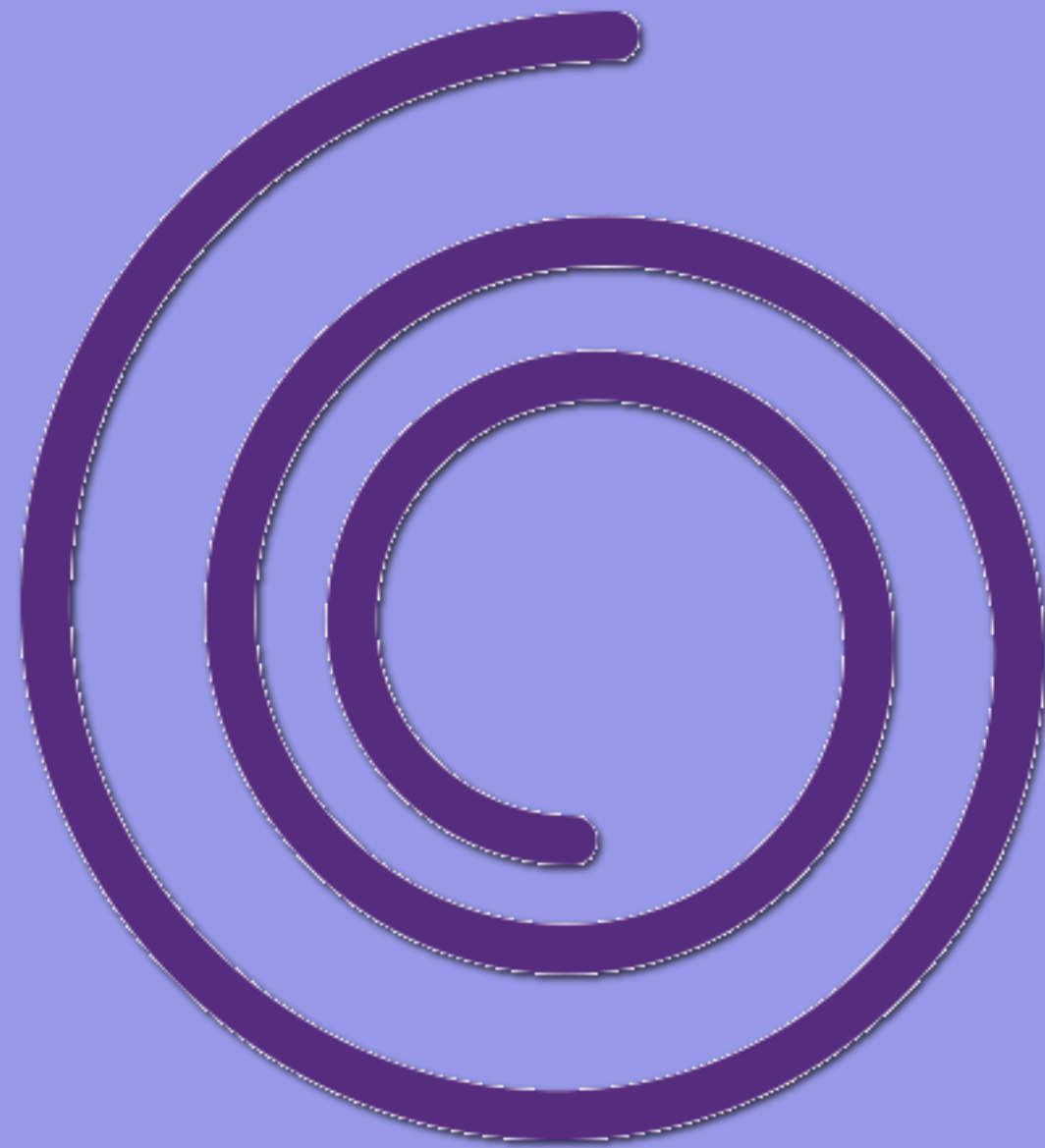




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The classic definition of mindfulness is the awareness that develops from paying attention on purpose in the present moment without judgment.











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REFLECTION





“Mindfulness: An Upstream Solution”

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Thank you



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