

Mindfulness  
Starts Here



## TRY MINDFULNESS

By becoming more mindful you can become more aware and appreciative of the present.

Mindfulness encourages you to be less judgmental (both of yourself and others) and focus more on the present moment rather than dwelling on the past or future.

8 Dimensions of Wellness

# SPIRITUAL



WEEK 2 - DAY 5

## WORKSITE WELLNESS



*The things that matter most in our lives are not fantastic or grand. They are moments when we touch one another.*  
*Jack Kornfield*

### What is Mindfulness?

You hear the word all the time, everywhere, but what is it really?



Click [Here](#) for a video on Mindfulness



Mindfulness frees the mind. It helps us focus on the present moment.