



ZEVO HEALTH

MOVE • NOURISH • INSPIRE

Mindfulness



WHAT IS MINDFULNESS?



Mindfulness is the practice of open and non-judgmental awareness in the present moment, it is to the mind what physical exercise is to the body: a way to stay fit, flexible and focused.

"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment."

'We are only alive in one moment and that is this one now'. Jon Kabat Zinn





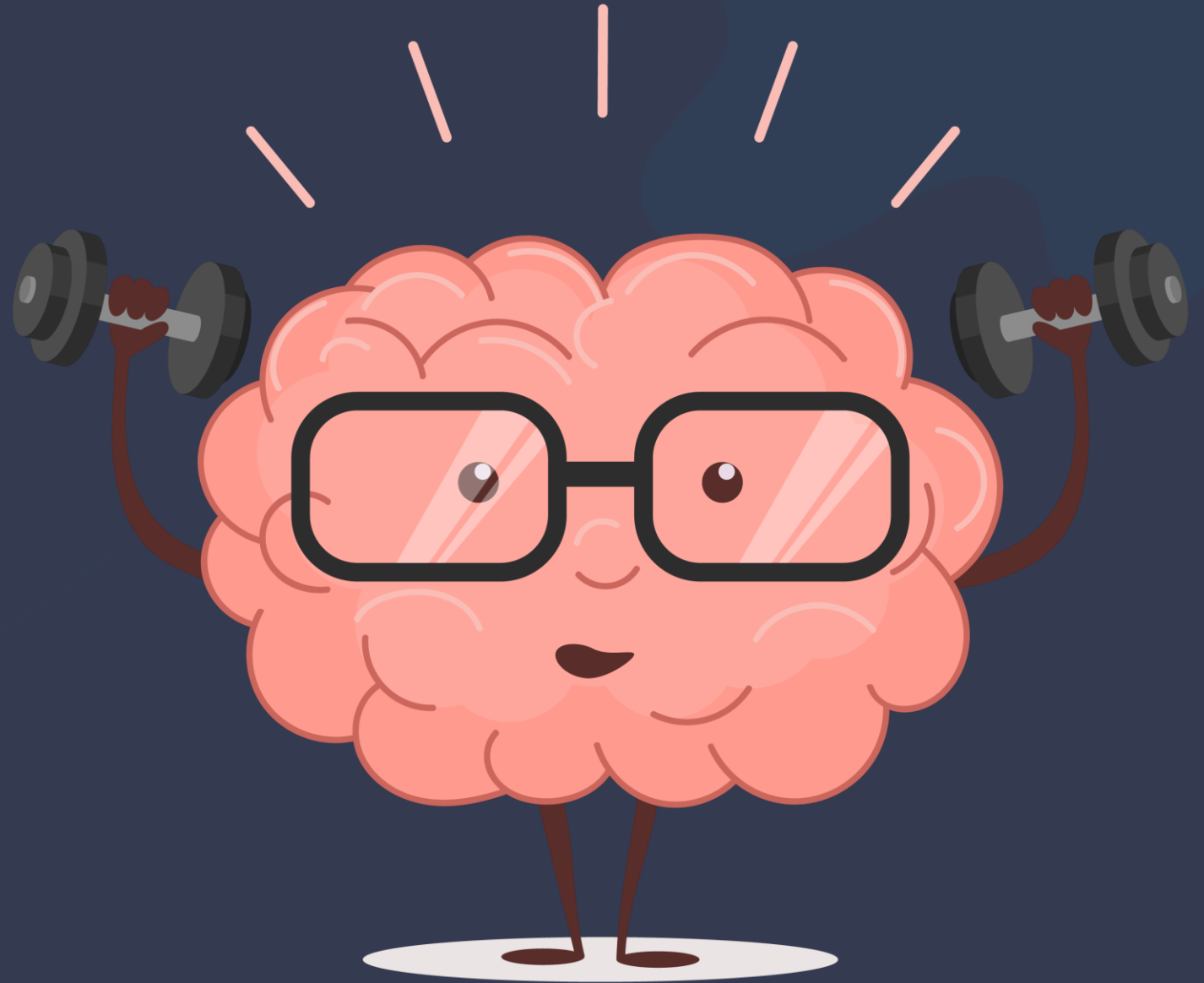
Many of us experience being fully present in the moment without getting distracted by thought-based interpretations of that moment – it just is. However, it is difficult to live in complete engagement and awareness in every moment. For many of us, there is a tendency to be clouded by thoughts, feelings, and preoccupations a great deal of the time.

This lack of awareness can be experienced as being on automatic pilot or “going through the motions.”

- Mindfulness meditation changes our relationship with our thoughts, increases dopamine. We pay attention to our thoughts with kindness. We develop a pathway of kind intention to the self.
- Mindfulness can change the way we relate to our lives, our loves, our physiology, helps us to live balanced and satisfied lives.



- **Mindfulness can make you more resilient.**
- It can change the way our brain reacts to setbacks and improve our ability to make smart decisions.
- It shrinks the stress region in the brain.



WHY PRACTICE?



Increase awareness
in the present
moment

Mood

Kindness &
Compassion



Increase
self – awareness

Respond vs React

Listen & Connect