



• • • REFRAME • • •

WHAT WE DO: The average person spends 80% of their life in a reactive state and 20% in a responsive state

WHAT WE SHOULD DO: Spend 20% of our life in a reactive state and 80% in a responsive state

MINDFULNESS PRACTICES CAN REDUCE:

ANXIETY



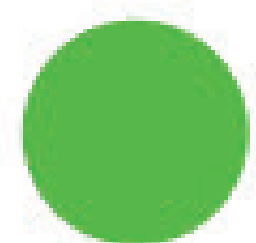
DEPRESSION



STRESS

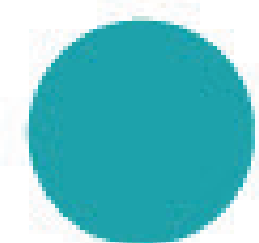
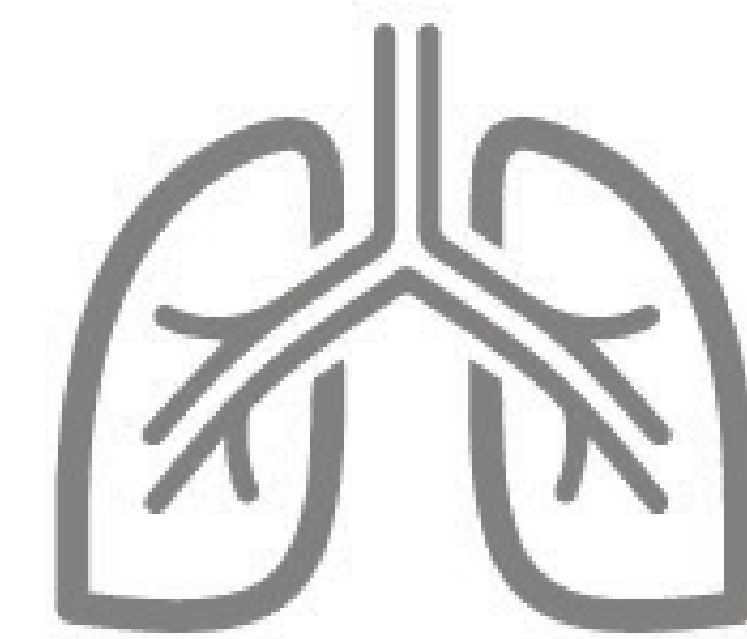


5 MINUTES OF DAILY RELAXATION PRACTICE HAS BEEN SHOWN TO EFFECT CHANGE.



5 MIN OF DAILY MEDITATION CAN IMPROVE:

- Immune function
- Physical activity performance
- Increase energy focus and productivity
- Foster a positive outlook
- Induce deep healing rest



BREATHING CAN BE USED TO:

- Improve blood flow
- Energy level
- Digestion
- Reduce inflammation, stress, depression, and anxiety



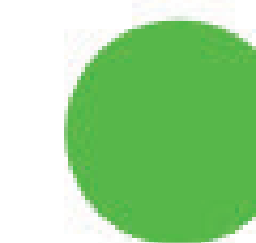
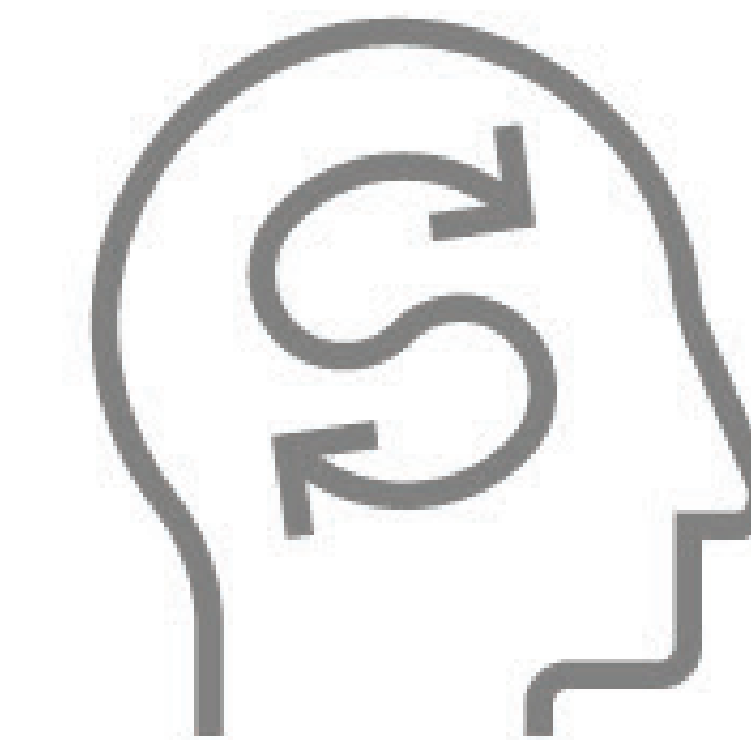
YOGA CAN IMPROVE MINDFULNESS THROUGH:

- Breathing techniques
- Creating intention
- Better balance
- Increased energy and flexibility



JOURNALING CAN:

- Bring awareness of events and feelings
- Relieve stress
- Give the ability to reflect



PRACTICE SELF-REFLECTION TO:

- Bring awareness to the positive or negative impact on your mindset
- Improve upon future circumstances