



FAQ:

The Power of Mindfulness

What is Mindfulness?

Mindfulness is the practice of paying attention to the present moment, on purpose and without judgment.

So simple, but not always easy to do. There are many ways to practice.

How Will I Benefit?

Our lives are so busy. We multitask all the time. Stress is everywhere. Multiple studies have shown that mindfulness helps with many stress-related problems. Studies indicate that it promotes mental wellness and builds resilience. Practicing mindfulness is often as effective as prescription medication, but without the negative side effects. Research has linked the act of practicing mindfulness with many positive outcomes including:

❖ Decreased stress and anxiety	❖ Reduced depression
❖ Improved sleep	❖ Increased compassion
❖ Increased self-awareness	❖ Improved focus
❖ Improved willpower	❖ Decreased emotional reactivity
❖ Lowered blood pressure	❖ Improved relationships
❖ Increased standardized test scores	❖ Improved/boosted immune system
❖ Improved cognitive functioning	❖ Increased grey matter in your brain
❖ Increased concentration	❖ Reduced inflammation in your body
❖ Reduced loneliness	❖ Reduced risk of heart diseases

Mindfulness at FSC

At its core, mindfulness is a series of related skills and practices that can be learned. FSC has highly qualified, trained facilitators who offer programs for adults, educators, kids, and families who want to use this powerful technique in their lives. Mindfulness is mental wellness.

Learn about the benefits, the science, and the methods of practice through an Introduction to Mindfulness workshop, or through one of our eight-week courses.

Give it a Try!

Host an **Introduction to Mindfulness** get together. All you need is a place (home, office, conference room), 1½ hours, and 6-12 participants. We'll do the rest. Call FSC at 847-251-7350 or email info@familysc.com