

# Mindfulness Fun Fact Sheet

**Mindfulness** is the moment to moment practice of paying affection attention to what is happening *inwardly* and *outwardly*.

**Mindfulness meditation** is the intentional practice of learning how to pay affectionate attention.

## Why Practice Mindfulness / Meditation?

- To grow in self-awareness, kindness, inner confidence and resiliency
- To respond vs. react to life's challenges, upsets and struggles
- To experience a greater sense of well-being / connection / enjoyment with life

## Science Behind Mindfulness Meditation?

- Improves:
  - brain functioning / increase grey matter in brain (pre-frontal cortex)
  - emotional regulation
  - inner resiliency

## The Triple A's in Mindfulness

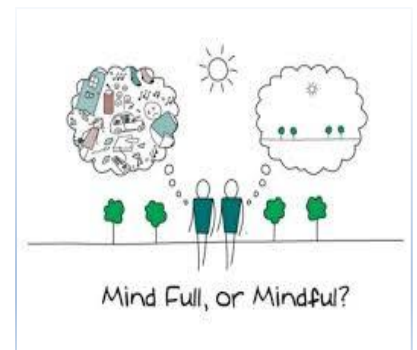
- **Awareness-** *to know*
- **Attention-** *to attend*
- **Acceptance-** *to befriend*

## Mindfulness in a Moment

- **Stop** or slow down
- **Take** a moment/ breath
- **Observe** what is happening in your inner world
- **Proceed** with Kindness and Care

## Mindfulness Meditation Resources

- Free Online Guided Meditations
  - Brandimatheson.com 😊
  - Mindfulness Solutions. com
  - Dharma Seed. com
- Free Mindfulness Apps
  - Head Space
  - Insight Timer
  - Calm



For more information on mindfulness and meditation go to: [www.brandimatheson.com](http://www.brandimatheson.com) or contact Brandi @ [connect@brandimatheson.com](mailto:connect@brandimatheson.com)/ 604-309-9634