**Be Mindful! Part 2**

**Reasons why individuals that practice a daily form of mindfulness or meditation were able to decrease their stress level by:**

* Developing better awareness of thoughts and the stories they create around those thoughts.
* Deidentifying themselves as their thoughts; *I am having this thought vs. I am not this thought.*
* The ability to take an intentional pause and not immediately react to a situation; respond from the **parasympathetic system** (logical/relaxed mind).
* Deepening awareness of body needs and sensations.
* Enhancing emotional awareness; compassion for self and others.
* Decreasing the activation of **amygdala** (turns on the “fight or flight” system).
* Increasing in ability to deeply focus.

**3 different types of meditation:**

**3 areas of the brain that are affected by mindfulness and meditation:**

**Individuals that practice a daily form of mindfulness or meditation have lowered perceived stress which gives us the ability to reset the normal stress level resulting in:**

Tips from Dr. Jon Kabat-Zinn’s book: **Full Catastrophe Living:**

What small (kaizen) steps will you take to bring mindfulness and meditation in your life?

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