

Strive Mindfulness Newsletter January 2017

Mindfulness is about bringing one's complete attention to the present experience on a moment-to-moment basis.

Fact of the Month

50% of the day is spent thinking about something other than what we are doing. Contact with the present moment is crucial to productivity and job related tasks.

Article of the Month

“Four steps to stop being so hard on ourselves”
By Tara Brach | January 13, 2016

Link: <http://www.mindful.org/tara-brach-rain-mindfulness-practice/>

App of the Month



Link: <https://www.headspace.com/headspace-meditation-app>

Engaged People Thriving at Work

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