

## Strive Mindfulness Newsletter February 2017

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

### Fact of the Month

1 in 5 Australian employees has taken time off in the past year due to feeling mentally unwell. Mindfulness meditation is a clinically proven technique that helps staff manage stress, improve productivity and achieve a good work-life balance.

Retrieved from <https://smilingmind.com.au/our-programs/mindfulness-in-the-workplace/>

### Article of the Month

**“Does Mind-Wandering Make You Unhappy?”**  
By Matt Killingsworth | July 16, 2013

Link: [http://greatergood.berkeley.edu/article/item/does\\_mind\\_wandering\\_make\\_you\\_unhappy](http://greatergood.berkeley.edu/article/item/does_mind_wandering_make_you_unhappy)

### App of the Month

Smiling Mind



Image retrieved from <https://smilingmind.com.au/about/>

Link: <https://smilingmind.com.au/smiling-mind-app/>

### ***Engaged People Thriving at Work***

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