

Strive Mindfulness Newsletter

November 2017

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

Fact of the Month



Mindfulness can help reduce stress, boost creativity, improve attention, working memory and concentration and strengthen relationships.

Link: <https://www.sane.org/mental-health-and-illness/facts-and-guides/mindfulness>

Article of the Month



"How to Live Your Life in the Present Moment"

By Reham Al Taher, 29 October 2015

Link: <https://positivepsychologyprogram.com/present-moment/>

App of the Month

The breathing anchor



Link: <https://itunes.apple.com/au/app/breathing-anchor-andries-j/id638079194?mt=8>

Engaged People Thriving at Work

#StriveToBeMindful #Mindful2017

