

## Strive Mindfulness Newsletter

October 2017

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

### Fact of the Month



Mindfulness has been around for 2500 years and has been a part of psychological therapies since the 1970's.

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

### Article of the Month



“Mindfulness Can Literally Change Your Brain”

By Christina Congleton, Britta K. Holzel, Sara W. Lazar, 8 January 2015

Link: <https://hbr.org/2015/01/mindfulness-can-literally-change-your-brain>

### App of the Month

Stop, breathe and think



Link: <http://www.stopbreathethink.org/>

*Engaged People Thriving at Work*

#StriveToBeMindful #Mindful2017

