

## Strive Mindfulness Newsletter

August 2017

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

### Fact of the Month



There is more than one way to practice mindfulness, but the goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment.

Link: <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

### Article of the Month



Mindfulness Training as a Clinical Intervention: A Conceptual and Empirical Review

Ruth A. Baer, University of Kentucky

Link: [https://www.thehappinesstrap.com/upimages/Mindfulness\\_training\\_Baer\\_2003.pdf](https://www.thehappinesstrap.com/upimages/Mindfulness_training_Baer_2003.pdf)

### App of the Month

Mindfulness Coach



Link: <https://itunes.apple.com/au/app/mindfulness-coach/id804284729?mt=8>

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