

Strive Mindfulness Newsletter

December 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 offer the following benefits for employees

Increased productivity and attention

Stress management skills

Clearer, more focused thinking

Heightened performance and achievement

Increased resilience

Increased positive emotion, life satisfaction and self-esteem beyond the workplace

Link: <https://smilingmind.com.au/media/1193/smiling-mind-workplace-overview.pdf>

Article of the Month



"5 Mindful Tips for navigating Holiday Stress"

By Jennifer Wolkin | December 7, 2016

Link: <http://www.mindful.org/5-mindful-tips-navigating-holiday-stress/>

App of the Month

The mindfulness app

Link: <http://www.themindfulnessapp.com/>



Engaged People Thriving at Work

#StriveToBeMindful #Mindful2017

