Mindful 2017



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Strive Mindfulness Newsletter

May 2017

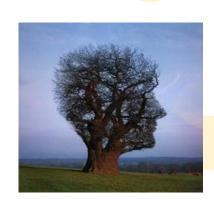
Mindfulness is about bringing one's complete attention to the present experience on a moment-to-moment basis.

Fact of the Month



Practicing mindfulness helps you to:

- Experience unpleasant thoughts and feelings safely
- Become aware of what you are avoiding
- Become more connected with yourself, others and the world around
- Become less judgemental
- Develop self-acceptance and self-compassion
- Have more direct contact with the world rather than living through your thoughts



Retrieved from: https://www.thehappinesstrap.com/mindfulness

Article of the Month



"Mindful leadership" By Bill George | 2017

Link: http://www.billgeorge.org/page/mindful-leadership-compassioncontemplation-and-meditation-develop-effective-leaders

App of the Month

Buddhify

Link: http://buddhify.com/

Engaged People Thriving at Work

#StriveToBeMindful #Mindful2017





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