



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 you
- 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-compassion-contemplation-and-meditation-develop-effective-leaders>

App of the Month

Buddhify

Link: <http://buddhify.com/>

Engaged People Thriving at Work

#StriveToBeMindful #Mindful2017



Brisbane: Level 2 18 Finchley St Milton 4064
Gold Coast: Level 9, 1 Corporate Crt, Bundall 4217
Cairns: 14 Spence St, Cairns 4870
Townsville: Level 1, 25 Sturt St, Townsville 4810

Also servicing: Northern NSW, Sunshine Coast, Bundaberg,
Hervey Bay, Rockhampton, Mackay and Gladstone.

