



Strive Mindfulness Newsletter

September 2017

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

Fact of the Month



The elements of mindfulness, namely awareness and nonjudgmental acceptance of one's moment-to-moment experience, are regarded as potentially effective antidotes against common forms of psychological distress—rumination, anxiety, worry, fear, anger, and so on—many of which involve the maladaptive tendencies to avoid, suppress, or over-engage with one's distressing thoughts and emotions (Hayes & Feldman, 2004; Kabat-Zinn, 1990).

Article of the Month



“Getting Rid of Mind Clutter”

Reachout.com, 15 June 2015

App of the Month

Mindfulise



Link: <http://www.mindfulise.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.

