

Strive Mindfulness Newsletter

April 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.

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



Article of the Month

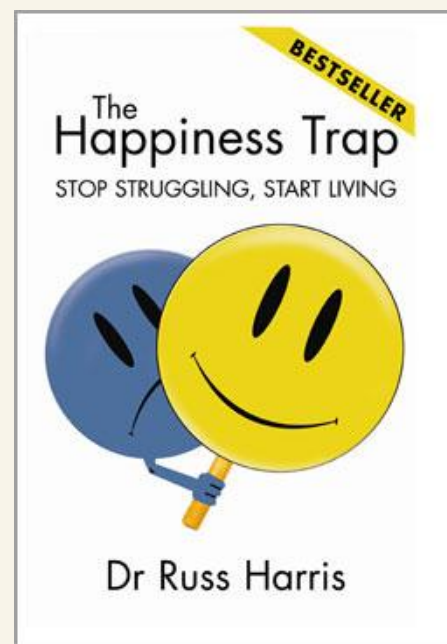
"The happiness trap - chapter one"
By Dr Russ Harris | 2007

Link: https://www.actmindfully.com.au/upimages/The_Happiness_Trap_-_Introduction_and_Chapter_one.pdf

App of the Month

Mindfulness Daily

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



Engaged People Thriving at Work

Strive Occupational Rehabilitation
PO Box 1797 Milton Qld 4064
Brisbane: Level 2 18 Finchley St Milton 4064
(T) 1300 361 953 | (F) 1300 654 109 | (E) info@striveor.com
www.striveor.com

ABN 74 110 180 240

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.