



Strive Mindfulness Newsletter

June 2017

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

Fact of the Month



"Mindfulness" is a hot topic in Western psychology: increasingly recognised as an effective way to increase fulfilment, reduce stress, raise self-awareness, enhance emotional intelligence, and undermine destructive emotive, cognitive, and behavioral processes. While many people think mindfulness means meditation, this is not the case. Mindfulness is a mental state of openness, awareness and focus, and meditation is just one way amongst hundreds of learning to cultivate this state.

Sourced: <https://www.actmindfully.com.au/mindfulness>

Article of the Month



"Operationalizing Mindfulness Without Unnecessary Attachments"

By Steven Hayes, Chad Shenk | 2004

Link: <https://www.actmindfully.com.au/upimages/mindfulness.pdf>

App of the Month

The ACT Companion



actcompanion™

The Happiness Trap App

with Dr Russ Harris

Link: <http://www.actcompanion.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.

