

BENEFITS OF MINDFULNESS

A growing body of research evidence points to the numerous benefits of mindfulness practice. In essence, studies indicate that mindfulness enhances emotional and physical resilience, improves cognitive functioning, and connects us more positively to other people.

Mindfulness may impact *individuals* by . . .

Improving **Physical Health**

- › Reducing the perception of physical pain
- › Improving immune function
- › Encouraging better eating habits
- › Reducing symptom severity of chronic diseases such as fibromyalgia, chronic fatigue syndrome, and irritable bowel syndrome
- › Improving quality of sleep and helping insomnia

Improving **Performance**

- › Improving attention and working memory
- › Increasing motivation and learning
- › Fostering greater emotional regulation, which allows us to think more clearly and see more possibilities
- › Promoting greater openness to new perspectives and ideas
- › Enhancing problem-solving and decision-making

Mindfulness may improve *organizations and communities* by . . .

- › Increasing employee wellbeing and productivity at work
- › Enhancing leadership abilities and strategies, such as problem solving
- › Making people more likely to help out others in need
- › Enhancing skills needed for social interactions and conflict resolution
- › Facilitating teamwork
- › Increasing ecologically sustainable behaviors
- › Prompting increased moral reasoning and ethical decision making

Enhancing **Relationships**

- › Promoting self-regulation, so we are not as reactive
- › Increasing empathy and prosocial behavior
- › Lowering levels of emotional stress during conflict
- › Enhancing communication
- › In personal relationships, increasing relationship satisfaction, closeness, and acceptance of one's partner

Increasing **Emotional Wellbeing**

- › Improving symptoms of anxiety and depression
- › Lowering stress hormones and facilitating a more relaxed and accepting state of being
- › Increasing tolerance of difficult situations
- › Reducing reactivity and repetitive negative thinking
- › Fostering self-compassion, which can decrease self-criticism and promote more positive emotional responses
- › Increasing connection with others and reducing feelings of loneliness and isolation



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Select Research

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