

HOW MINDFULNESS
CAN CHANGE YOUR LIFE

PART 1
THE ART OF LIVING IN THE MOMENT

Mindfulness Meditation



#DiscoverYourLight

HOW MINDFULNESS CAN CHANGE YOUR LIFE

PART 1



MINDFULNESS MEDITATION

1

Choose a "downtime" location (i.e. in the shower, making a meal).

2

Shift your focus on your breathing, and pick a single aspect to focus on.

3

Spend at least 5 minutes in this state of awareness.

HEALTH BENEFITS

Reduced stress | Increased relaxation | Reduced blood pressure

WHY IT WORKS TO REDUCE STRESS

Focusing on a single sensation can help to focus a racing mind.

WHAT IS MINDFULNESS?

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

RESOURCES

lighthousearabia.com/resources

T. +971 (0)4 380 2088

E. info@lighthousearabia.com



@lighthousearabia



THE LiGHTHOUSE
CENTER FOR WELLBEING