

Benefits of Practicing Mindfulness

1. **Stress Resilience.** The more you practice, the less reactive your amygdala becomes. And if you do get hijacked from time to time (and who does not?), you recover more quickly – the very definition of resilience.



Trains the brain to be less reactive.



Helps maintain concentration and focus.



Presence with others is enhanced.

2. **Focus.** Mindfulness strengthens

concentration, and every related aspect of attention from keeping your mind on one thing amidst a sea of distractions, to being more present to what's going on around you.

3. **Connection.** A cousin of mindfulness, lovingkindness meditation, makes you more open to the needs of the people around you, and more likely to help them out. This kind of leadership builds great loyalty, so people will feel they want to do their best for you, and show up even when the pressure and stress are mounting.

Attributed to Goleman, Daniel. "3 Science-Based Benefits of Mindfulness." LinkedIn, 5 Sept. 2017, www.linkedin.com/pulse/3-science-based-benefits-mindfulness-daniel-goleman/.