



**Dear Coop Members,**

**Please be informed that Mindfulness Sessions will restart this week,**

**on October 3<sup>rd</sup> 2019**

**12:00 hrs in Room E-021**

Please join us to learn what is **Mindfulness** and how it can benefit you in the workplace.

**What are some of the *benefits* of practicing Mindfulness?**

- increased experience of calm and relaxation
- higher levels of energy and enthusiasm for living
- increased self-confidence and self-acceptance
- less danger of experiencing stress, depression, anxiety, chronic pain and addiction
- enhance compassion for others and our planet
- reduce stress and boost the immune system

**What are some of the *benefits* of Mindfulness at the workplace?**

- be better at decision-making & improve problem-solving abilities
- have greater insight and increase mental flexibility
- be a better team player
- have more patience and compassion
- understand emotions better
- reduce pain & insomnia
- create small & large shifts in clarity
- increase enjoyment of life

**MINDFULNESS**