

# Recharge and refocus through the art and science of mindfulness

Mindfulness is the art and science of learning how to pay attention, in the present moment and without becoming overwhelmed.

## Before mindfulness

- Agitated
- Anxious
- Distracted
- Overwhelmed
- Interrupted sleep
- Angry



## After mindfulness

- Calm
- At ease
- Focused
- In control
- Deep sleep
- Kindness

To learn more about Sedgwick, visit

[SEDGWICK.COM](https://www.sedgwick.com)