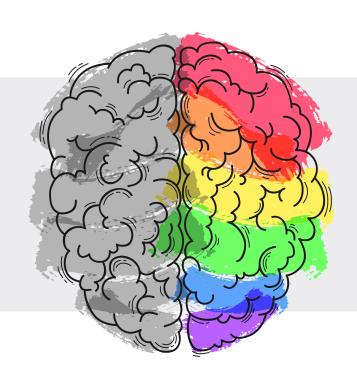


## Recharge and refocus through the art and science of mindfulness

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

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