



# 30 Days of Mindfulness



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### Welcome to 30 Days of Mindfulness!

The physical, mental and emotional benefits of meditation are quite impressive. Mindfulness and meditation practices have been extensively linked to easing symptoms of depression and anxiety, reducing emotional reactivity, improving concentration, increasing gray matter in the regions of the brain associated with memory, sense of self, and empathy, improving cognitive functioning, reducing levels of the hormone cortisol, lowering blood pressure, increasing immune function and is linked to losing weight and cutting one's risk of heart attack in half.

**Challenge Overview:** Learn simple tasks that you can do every day to be more present in your own life. While the primary goal is to encourage a greater sense of feeling present, these tasks also result in a greater feeling of calm, easy, empathy, appreciation, gratitude and balance.

**Everything You Need!** All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

