



## **Train Your Mind and Change Your Brain: *Using mindfulness to change your brain and improve your life***

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Mindfulness: moment-to-moment intentional awareness, held without judgment, offers great benefits to health, productivity, emotional balance and an openhearted stance toward life. Our brains are wired in a way to hold onto and learn from negative experiences but unfortunately not from the positive ones. Life is stressful and having a brain that has a hard time noticing and taking in the good often leaves us anxious, overwhelmed, worried, irritated, exhausted and searching for external ways to calm and distract ourselves. Studies of people who engage in regular mindfulness practice show actual physical changes in brain structure. In other words YOU can change your brain! You'll learn how to:

- **Use your breath as a gateway to more focused attention**
- **Strengthen your brain and achieve a greater sense of confidence and connectedness**
- **Acquire practical tools to use daily to increase resiliency, lower blood pressure and reduce stress**
- **Apply S – T – O – P throughout the day to disengage from “auto pilot” and aim your actions where you really want to go**
- **Realize all thoughts are mental events – brain activity – that come and go and aren't necessarily the truth**
- **Remember the brain is hard-wired to ruminate and learn quickly from bad experiences. Mindfulness “re-wires” it toward a happier more balanced state**