

Mindfulness: Why Bother?

Being mindful can . . .

- 1.** Give you more choices and more control over your behavior. It helps you slow down and notice emotions, thoughts, and urges (i.e., increases self-awareness), and helps you choose a behavior more thoughtfully, rather than act impulsively and make situations worse.
- 2.** Reduce your emotional suffering and increase your pleasure and sense of well-being.
- 3.** Help you make important decisions (and balance overly emotional or overly logical decisions).
- 4.** Help focus your attention (i.e., be in control of your mind rather than letting your mind be in control of you) and therefore make you more effective and productive.
- 5.** Increase compassion for self and others.
- 6.** Lessen your pain, tension, and stress, and in turn can even improve your health.

Practice, practice, practice