

# Mindfulness Benefits

Less vulnerable to **depression**

Less **stress**

Less **anxiety/worry**

Less **emotional drama**

Less **irrational fear**

Less **wear and tear on the body**

**Symptom reduction** in many disorders such as colitis, psoriasis, arthritis, **chronic pain** & fibromyalgia

Better **quality of life**

**Better concentration**

Better **pain tolerance**

Better **cold tolerance**

Better **copng with chronic pain**

Better **brain interconnectivity**

Better **eating habits**

More **brain tissue where it counts**

More **gratitude and compassion**

**Less Suffering** and **Better Functioning**