

Mindful Living

Mindfulness doesn't just happen on a meditation cushion or when you're feeling particularly Zen. It's a quality that we can cultivate, moment-to-moment, in every area of our lives.

“

Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.

—Jon Kabat-Zinn

How Mindfulness Helps

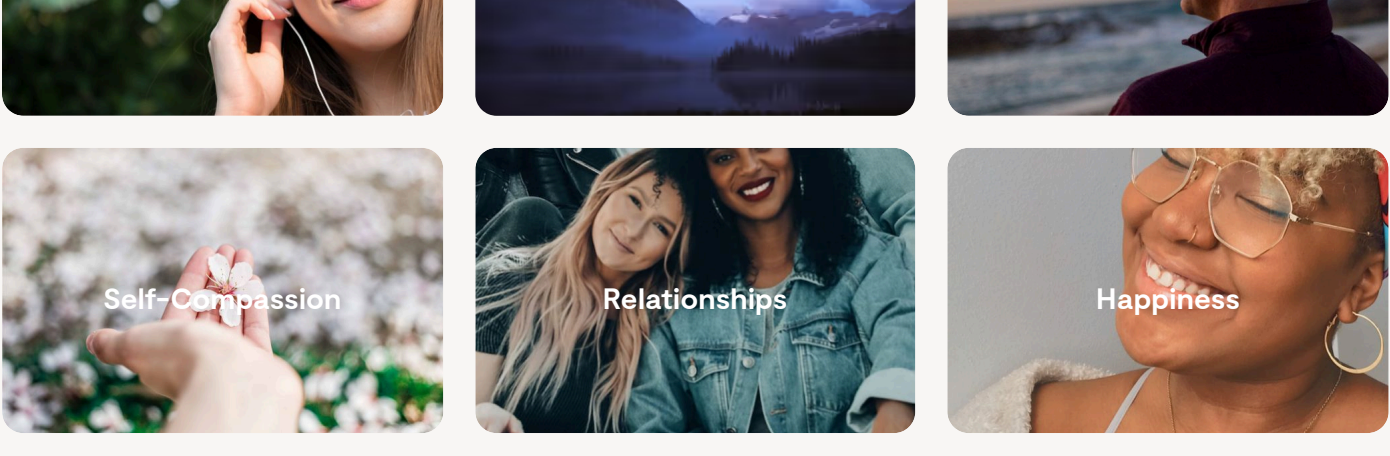
Mindfulness is a scientifically proven approach to reducing stress, decreasing anxiety, improving focus, and supporting heart health, just to name a few important [benefits](#).

But what many people don't realize is that living mindfully can enhance our lives in so many other ways. It improves [relationships](#), can boost [performance](#), and can help you feel more engaged at [work](#). It increases resilience and [helps you sleep better](#). It illuminates unconscious bias and strengthens self-control. And it makes you less judgemental and more curious and compassionate—even [toward yourself](#).

It's not an overstatement to say that [mindful living makes you happier](#).

Beneficial Practices for Everyone

Choose an area of interest to explore, and start your mindfulness journey today.



How Does it Work

The science of mindfulness continues to evolve, but there are exciting takeaways after more than four decades of research.

Probably the most well-known [benefits of mindfulness](#) are its ability to [reduce stress](#) and anxiety.

The mechanism behind this effect involves increases in the part of our [brain](#) responsible for executive functions such as decision making, reason, and concentration, and a reduction of activity in the areas responsible for things like fear and stress.

Its support of higher cognitive and emotional functioning makes mindfulness a powerful therapeutic tool. [Mindfulness Based Stress Reduction \(MBSR\)](#) and [Mindfulness Based Cognitive Therapy \(MBCT\)](#) are two important approaches.

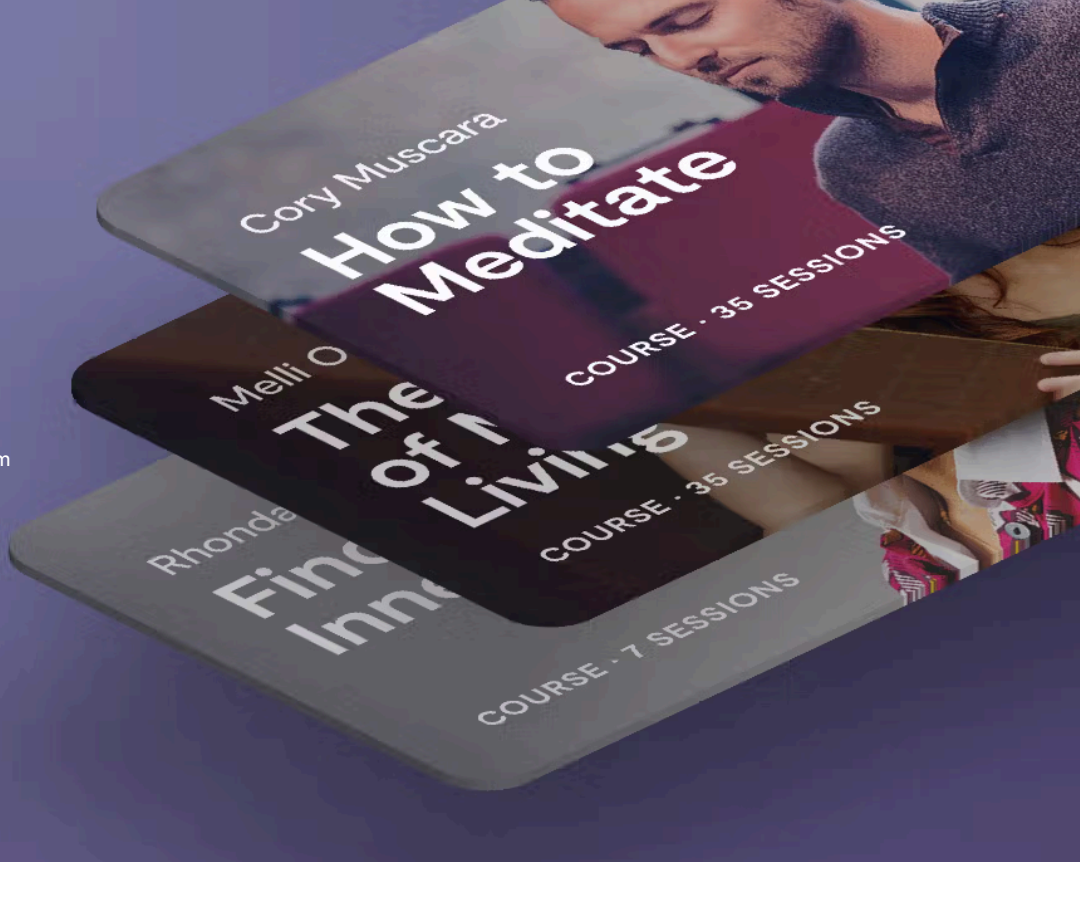
And because stress is associated with poor health outcomes, stress reduction through mindfulness is increasingly recommended for conditions including high-blood pressure, GI problems, and sleep disorders.

Mindfulness may also have positive impact against conditions such as:

- > [PTSD](#)
- > [Chronic pain](#)
- > [Eating disorders](#)
- > [Anger management](#)
- > [Depressive relapses](#)
- > [Weight management](#)
- > [Low sex drive among women](#)

Go Deeper With Expert-Led Courses

Discover the practical benefits of mindful living by learning from some of the world's most respected teachers, authors, and researchers.



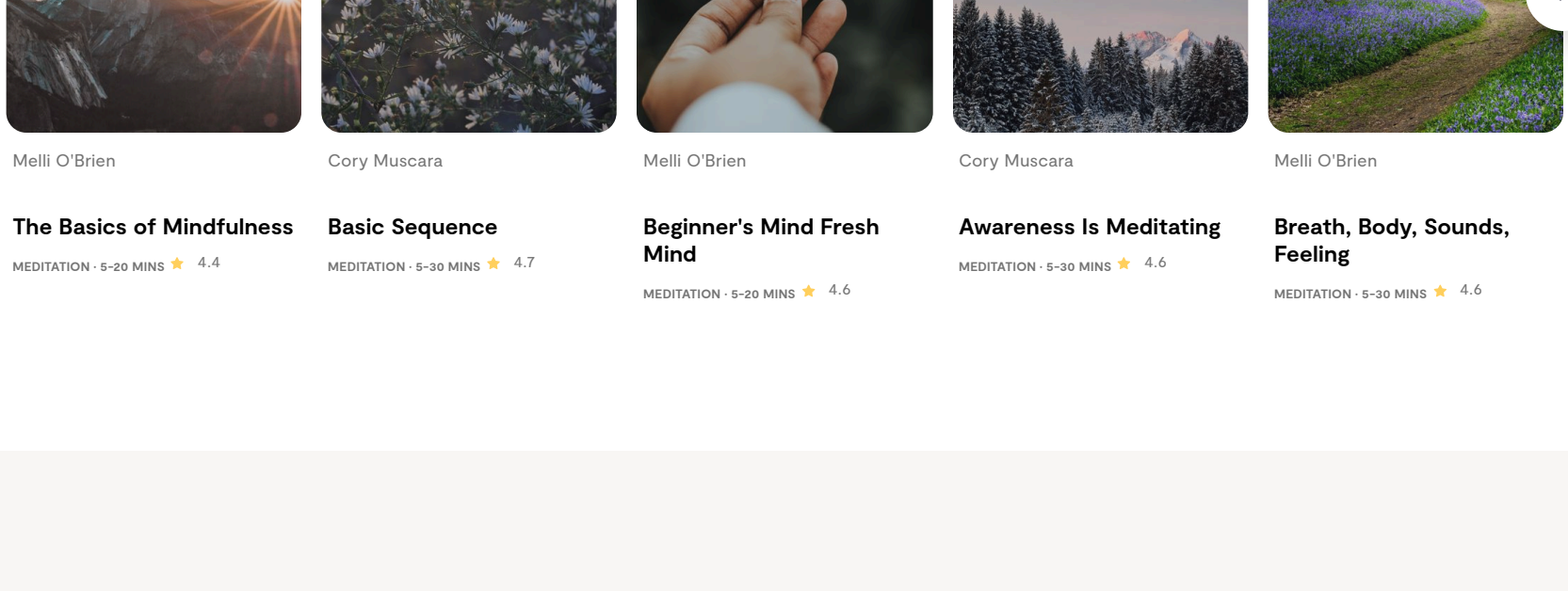
Wherever you are is the perfect place to start

More than four decades of research have shown that when it comes to mindfulness, every minute makes a difference.

Even if you're starting with just a few minutes a day, you will begin to experience the benefits of mindful living.

Because each time you bring yourself into calm awareness of the moment, you're actually changing your brain – activating the areas responsible for executive functions, such as decision-making, reason, and concentration, and calming the areas that react with fear, anxiety, and stress.

[See All](#) →

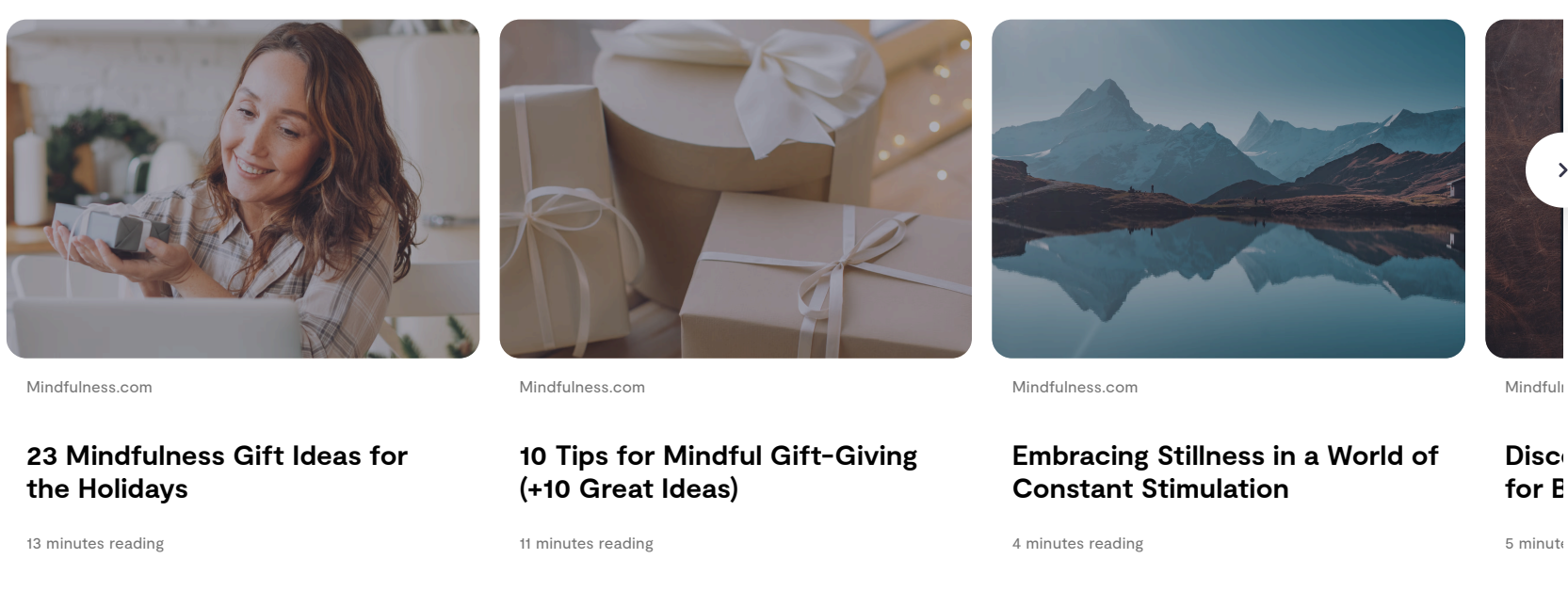


Mindfulness 101: A Beginner's Guide

The ability to be more mindful is something we all possess and can make stronger at any time. It just takes practice. Read on to learn how.

Learn More About Mindful Living

Read about the fundamental principles of mindfulness, how to practice in your everyday life, and the latest in mind-body research.

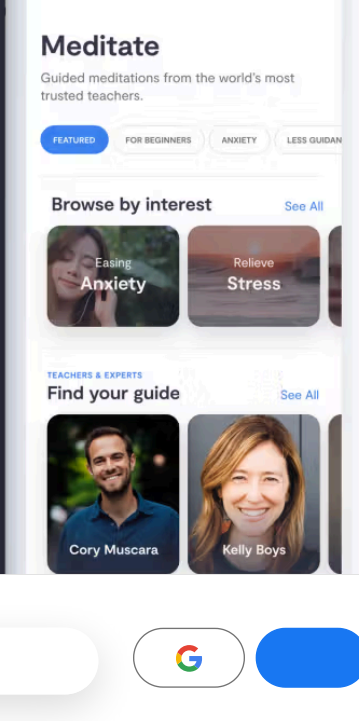


Mindfulness, at Your Fingertips

Bring Mindfulness Into Your Life

The [Mindfulness.com](#) app offers access to guided meditations, talks, courses, calming soundscapes, and micro-practices for in-the-moment support – plus encouraging daily dispatches from Meli and Cory. It's the perfect companion for the journey.

Available on



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