



GETTING STARTED TRACK

BENEFITS GROUP

Exercise 1 of 4: Wide-Ranging Benefits

Discover the common thread to experiencing a wide variety of benefits.



Wide-Ranging Benefits

The science is sound. Research shows that mindfulness practice has a wide-range of benefits – from improved focus and decision-making, to strengthened relationships, to resilience, to increased creativity. It can reduce stress, improve your sleep, and help you overcome challenges and setbacks more quickly. Who doesn't want to experience one or more of these benefits, right?

Well, the common thread to experiencing these benefits is simply this: a mindfulness practice helps you train your attention to be more present, which results in the ability to see the world from a different perspective. That is, to see the world as it is, not through our biases and filters.

For example, so much of the stress we experience is literally in our heads – worrying about the future, replaying events of the past, and attaching meaning to things that are probably not true. Through our mindfulness practice, we learn to be present and to recognize when we're not. And, we understand that when we are present, the world is a less stressful place and our thoughts are just thoughts. They are not facts.

People who spend more time in the present find they are less stressed and enjoy life more. They're able to put things into perspective, see the good, or at the very least, see events as neutral or non-threatening. Keep practicing. It's worth it.