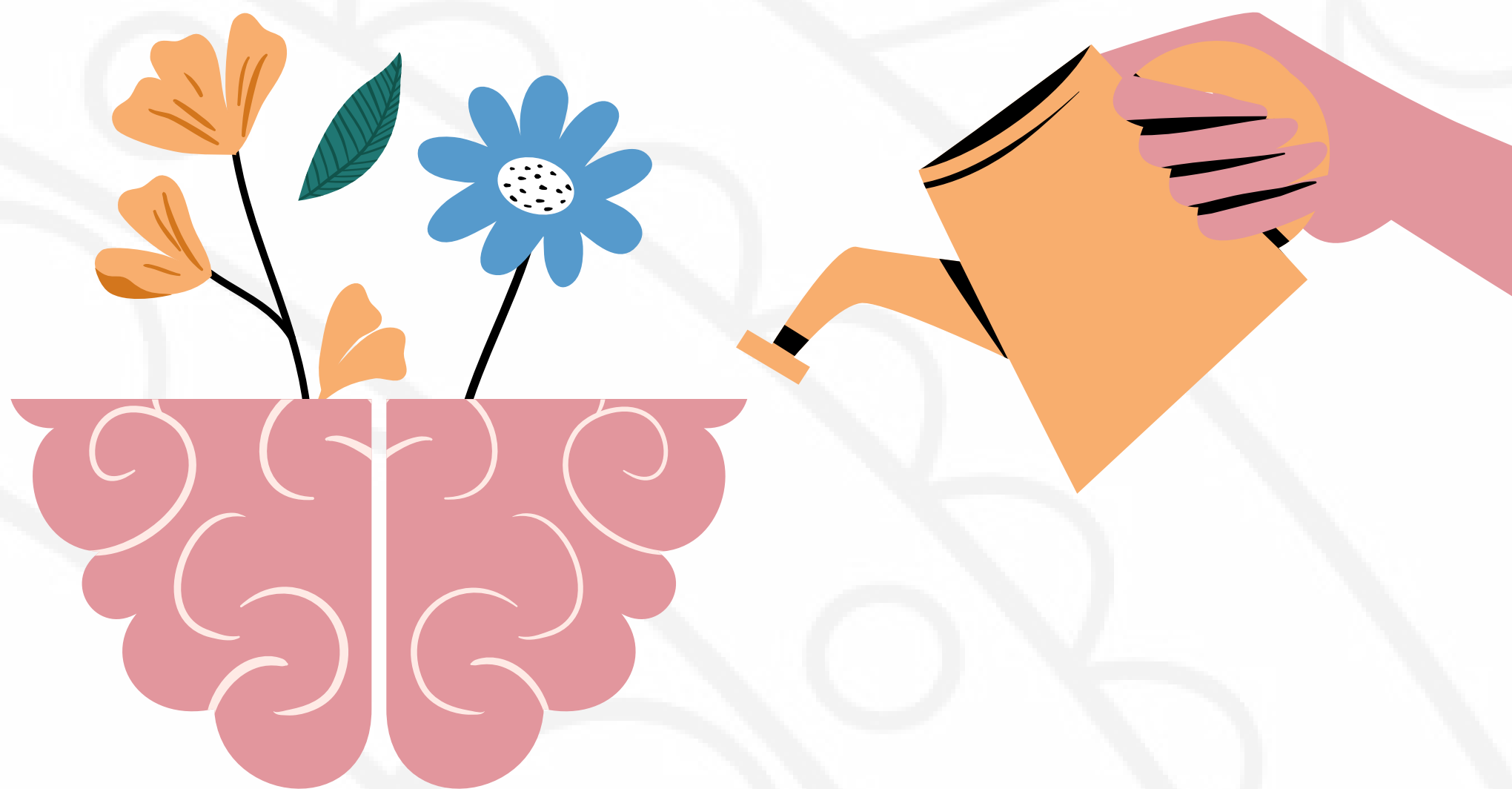


MINDFULNESS



>>> Stress Reduction



- Decreased negative affect
- Fewer depressive symptoms
- Better working memory capacity
- Ability to sustain attention during a performance task
- Decreased anxiety

>>> Focus



- Ability to focus attention and suppress distracting information
- Better performance on all measures of attention
- Increased information processing speed



>>> Less Emotional Reactivity



- Ability to disengage from emotionally upsetting picture
- Increased adaptive responses to stressful or negative situations

>>> Relationship Satisfaction



- Increased ability to respond well to relationship stress
- Improved skills in communicating one's emotions to a partner
- Increased ability to express oneself in various social situations



>>> Other Benefits



- Enhanced self-awareness
- Higher intuition
- Improved well-being
- Reduced psychological distress
- Decreased distractions