

THE BENEFITS OF MINDFULNESS

Reduce Stress

Currently people have a lot of different information in their heads that makes them forget things and stress them. By focusing on just one thing, you only have information about it and it is not forgotten.



Increase Our Capacity For Perspective

By focusing on one thing you can perform an analysis in a more objective and effective way of what is happening.



Academic and Professional Performance

People who practice mindfulness show that they have a great verbal reasoning and improvement in their work memory.



The Feeling of Loneliness of the Elderly

Mindfulness helps reduce the levels of feeling of loneliness to the elderly helping them to slow down the deterioration of health.

