

MINDFULNESS AS A STRESS MANAGEMENT STRATEGY

Good stress and a bad stress

Stress can be considered as good when, instead of holding you back, it motivates you to give your best.



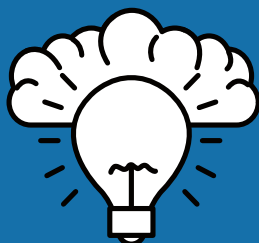
Mindfulness and stress

Thanks to that instead of focusing on negative consequences of feeling stressed, it offers you the space to think differently about the stress itself.



Mindfulness and decision making

Mindfulness can lead to improvement in the way the brain processes information, makes decisions, forms memories and so on.



Mindfulness and creativity

When you liberate your mind from distractions and become an observer of everything around you, you improve your ability to gain new perspectives.

