

# 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.



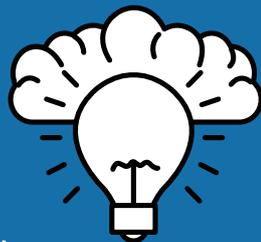
## Mindfulness and stress

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.

