

Mindfulness: Break the cycle of stress and overwhelm



 **Duration:** 1 hour  **Delivery:** Face-to-face or Online

Mindfulness provides a practical solution for managing stress and overwhelm in today's fast-paced world.

We often find ourselves multitasking, worrying about the future, or dwelling on the past which can lead to stress, anxiety, and a sense of being overwhelmed. Mindfulness helps quiet mental noise, reduce anxiety, and cultivate a sense of calm and clarity.

Tailored for schools and workplaces, our engaging and informative mindfulness presentations and workshops introduce the science-backed benefits of mindfulness practice and provide practical strategies to transform the way you understand and navigate stress and pressure.



During this presentation and workshop, you will learn how to:

1

Reduce stress

2

Improve your mental health

3

Enhance your emotional regulation

4

Obtain better focus and concentration

5

Improve your physical health

6

Build stronger relationships