



Benefits of Mindfulness

Mindfulness refers to the practice of non-judgmental awareness of the present moment. Research shows that practicing mindfulness helps reduce stress, improve mental clarity, and boost sleep. It also enhances self-awareness, improving emotional control. Mindfulness can also strengthen your ability to connect with others through kindness, acceptance, and empathy.





5 Reasons to Practice Mindfulness and Meditation



Reduce anxiety and stress

Mindfulness may help reduce feelings of stress and anxiety. One approach, mindfulness-based stress reduction (MBSR), is a specific program that combines more formal training and daily home mindfulness exercises to reduce stress levels. Research has found that MBSR can be a helpful way to reduce stress levels and anxiety. More generally, mindfulness is associated with feelings of relaxation and present-moment awareness.



Prevent and treat depression

Mindfulness-based cognitive therapy (MBCT) combines cognitive behavioral therapy (CBT) with MBSR in a program that includes sessions with a provider and at-home mindfulness practices. Participants use meditation, yoga, and other activities to become more aware and accepting of their thoughts. Research shows that MBCT can help reduce symptoms of depression and prevent symptoms from returning in the future.



Boost your cognition

Evidence suggests that mindfulness may actually improve your cognitive abilities. Mindfulness helps you practice several cognitive abilities that are important for daily tasks, including:

1. Sustained attention: Focusing your attention for some time
2. Cognitive flexibility: Shifting your thoughts and attention among distractions
3. Cognitive inhibition: Suppressing thoughts that interfere with your focus

In addition, mindfulness may reduce cognitive decline due to aging or Alzheimer's. In a [2016 clinical trial](#), people with Alzheimer's disease received mindfulness meditation, cognitive stimulation therapy, relaxation training, or no treatment over two years. The mindfulness group showed better improvement in cognitive scores than any other group.





Improve your physical health

Mindfulness is associated with improvements in a variety of health conditions:

1. Lower back pain
2. Rheumatoid arthritis
3. Hypertension
4. Immune response
5. Psoriasis
6. Type 2 diabetes
7. Fibromyalgia



Enhance your sleep

Mindfulness meditation can help reduce insomnia and promote better sleep. During a 2015 [JAMA Internal Medicine study](#) analyzing 49 adults with moderate sleep issues, the group that completed six weeks of meditation had improvements in insomnia symptoms and less daytime fatigue.

How to build a mindfulness routine:

You can begin to incorporate formal mindfulness practices into your daily routine. Mindfulness can include a variety of activities including mindful movement like yoga or meditations. While some people suggest practicing mindfulness or meditation for 20 minutes, twice a day, that may be difficult to commit to at first. Instead, start small — you can benefit from practicing mindfulness for just one to five minutes a day. When you pay attention to the present moment without judgment, you are being mindful. Visit [Modern Health](#) to find a variety of guided mindfulness activities. .

You can also informally practice mindfulness by focusing completely on a single task that you're doing. For example, when you're eating, being mindful includes paying complete attention to the task, including noticing the smell and taste of your food, the textures you feel, and how full you might feel toward the end. You can apply this practice when you are cleaning, brushing your teeth, or going for a walk.



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR code to get started or visit [Modern Health](#).



Modern Health Resources for Mindfulness:



One-on-one Care

Modern Health can match you with a certified provider trained in evidence-based methods to support your unique needs. Work with a provider to help you build mindfulness, reduce stress and anxiety, and better manage tasks and situations. [Get matched with a provider today!](#)



Circles

[Circles](#) are live group sessions led by Modern Health providers. You'll walk away from each session with skills to navigate challenges that may impact you at work, at home, or in your relationships. Circles help you proactively improve your mental health, and you have unlimited access. Try one of these Circle topics:

[Mindfulness](#)

[Gratitude](#)



Self-guided Digital Resources

With Modern Health, you and your dependents have access to digital resources on-demand 24/7 with self-serve care options that you can engage with at your own pace. These resources include digital programs, guided meditations, and courses, including our:

[Intro to Mindfulness](#)

[The Reset: Mindfulness](#)

[One Minute Meditation](#)



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