



# Taking a Mindful Moment

At the end of the day, start of the day, or in a moment during the day, taking a moment to pause and focus our attention can bring numerous benefits that go from the fireline, to the office, to home and back again.

## What is mindfulness?

Mindfulness is attention awareness training. It is a simple practice that allows us to ground and center ourselves in the moment through the practice of focusing our attention. The best athletes, artists musicians, military members and Fortune 50 CEOs are increasingly integrating mindfulness practices into their routines to increase performance and cope with stress.



## Benefits of Mindful Moments from research, and optimal performance:

- More creative, effective decisions
- Increased ability to cope with physical and psychological stressors
- Better Relationships
- Improved overall well-being
- Better able to cope with addictions

## Want to give it a shot?

Scan the QR code to get access to a 3-, 5-, 7-, and 9-minute recording options.

