



inConfidence

December feature – Mindfulness

Give yourself a gift this month. Practice mindfulness.

Focusing your attention and awareness on the present moment -- which is what mindfulness is -- can help you manage everything from holiday stress to family challenges to pressure at work. It can help you experience more satisfaction and joy in life, this month and every month. Contact **inConfidence** any time to learn how practicing mindfulness for even just minutes a day can help improve health and well-being.

Log in any time to www.myinconfidence.ca to access a wealth of online articles and resources, such as:

- A new podcast, [Practicing Mindfulness to Reduce Stress](#). George Mumford, author of *The Mindful Athlete*, describes how practicing mindfulness can help us manage stress and improve performance. He has taught mindfulness techniques to inner-city kids, prison inmates, corporate executives, and famous athletes like Kobe Bryant and Michael Jordan.
- Infographics, such as [Brief Mindfulness Exercises](#) and [Mindfulness at Work](#), and articles like [Why Practice Mindfulness?](#), [Being Present as a Parent](#) and [Using Your Smartphone to Relax](#).
- Our [Mindfulness Toolkit](#), where you'll find a host of audio exercises you can practice at work, before meetings, or anywhere.

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca
(username: NLMA; password: inconfidence).

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