



"We found this in your brain."







Mind | ful | ness

NOUN

A particular way of paying attention to what's happening NOW

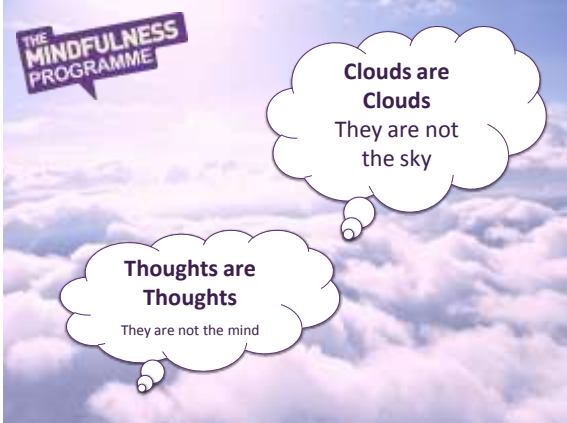
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Vu jà dé









Re|sili|ence.

NOUN

Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.

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amyg|dala

NOUN

The amygdala is an almond-shape set of neurons located deep in the brain's medial temporal lobe.

Shown to play a key role in the processing of emotions, the amygdala forms part of the limbic system.

In humans and other animals, this subcortical brain structure is linked to both fear responses and pleasure

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Mindfulness

BREEDS

Resilience



THE MINDFULNESS PROGRAMME

The ABC of Mindfulness



A
Bigger
Container



20. **ANARE**

THE MINDFULNESS PROGRAMME



20. **ANARE**
