



## HAPPIER

Life can be hectic. Some days it's difficult to focus, some days its difficult to feel creative or relaxed.

We can often overreact if things feel tough in the moment or make hasty decisions to avoid a stressful situation

Feel calmer and happier by paying more attention to your thoughts and emotions enhancing self-awareness, suppress knee-jerk reactions and be more flexible in your thinking



## DEVELOP SELF AWARENESS

Group & 1-2-1 evidence-based mindfulness training to enhance general wellbeing and better manage life and work-related stress



## CALMER

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