

MINDFULNESS

- is -
NOTICING YOUR
Thoughts, feelings,
and

PHYSICAL SENSATIONS

- in the -

PRESENT MOMENT

WITHOUT

HARMFUL JUDGMENT

NEUROPLASTICITY

is the ability of the brain
to change by creating and reorganizing

NEURAL CONNECTIONS,

especially in response to learning
or experience.

POSITIVE NEUROPLASTICITY

is the process by which the
brain changes in response to
experience, particularly with regard
to positive or pleasurable experiences.

By attending to positive or
pleasurable experiences, you can create

NEURAL CONNECTIONS

that tilt toward the
positive.