

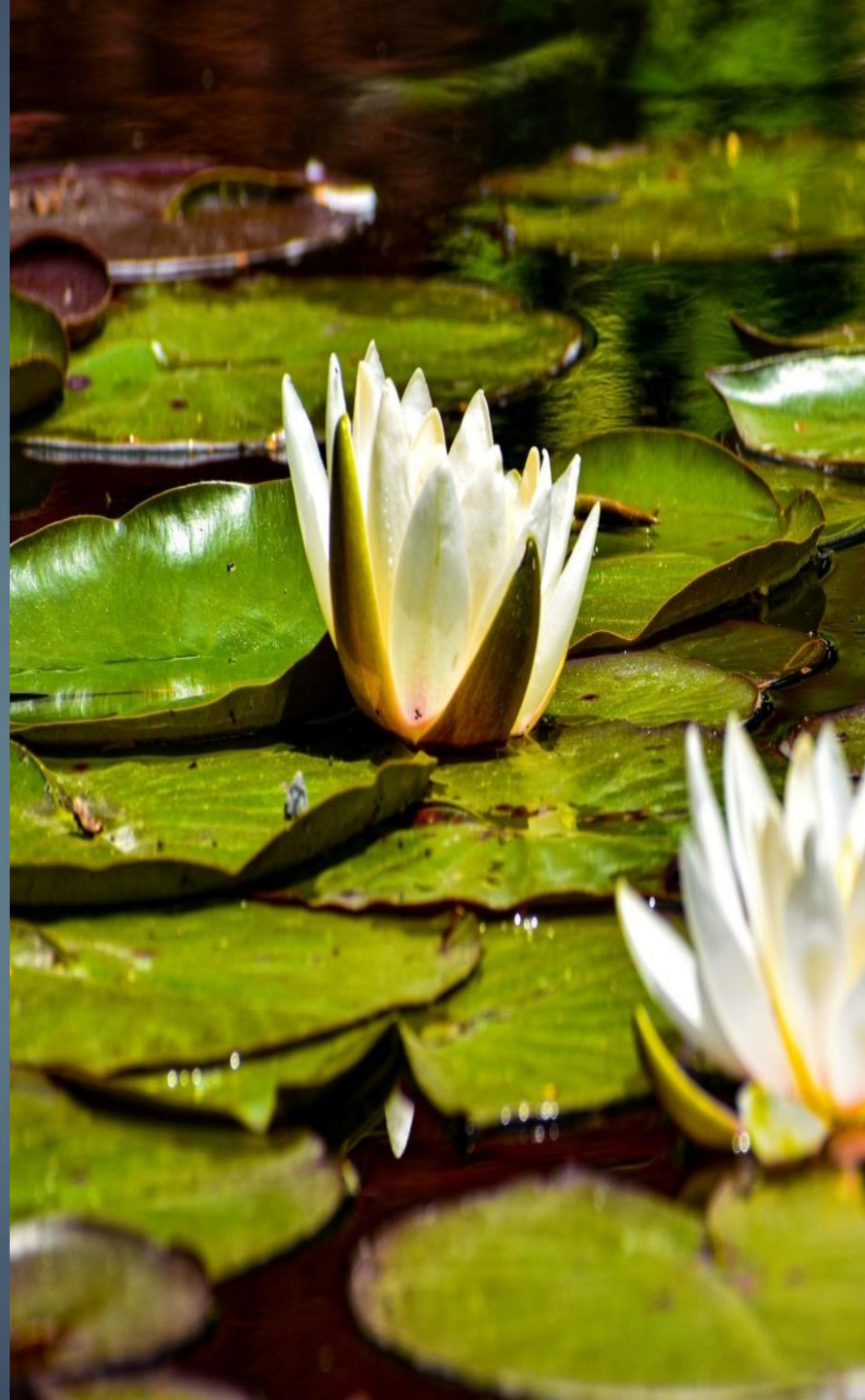


TIME MIND LIFE  
Health and Wellness Coaching

# Mindfulness

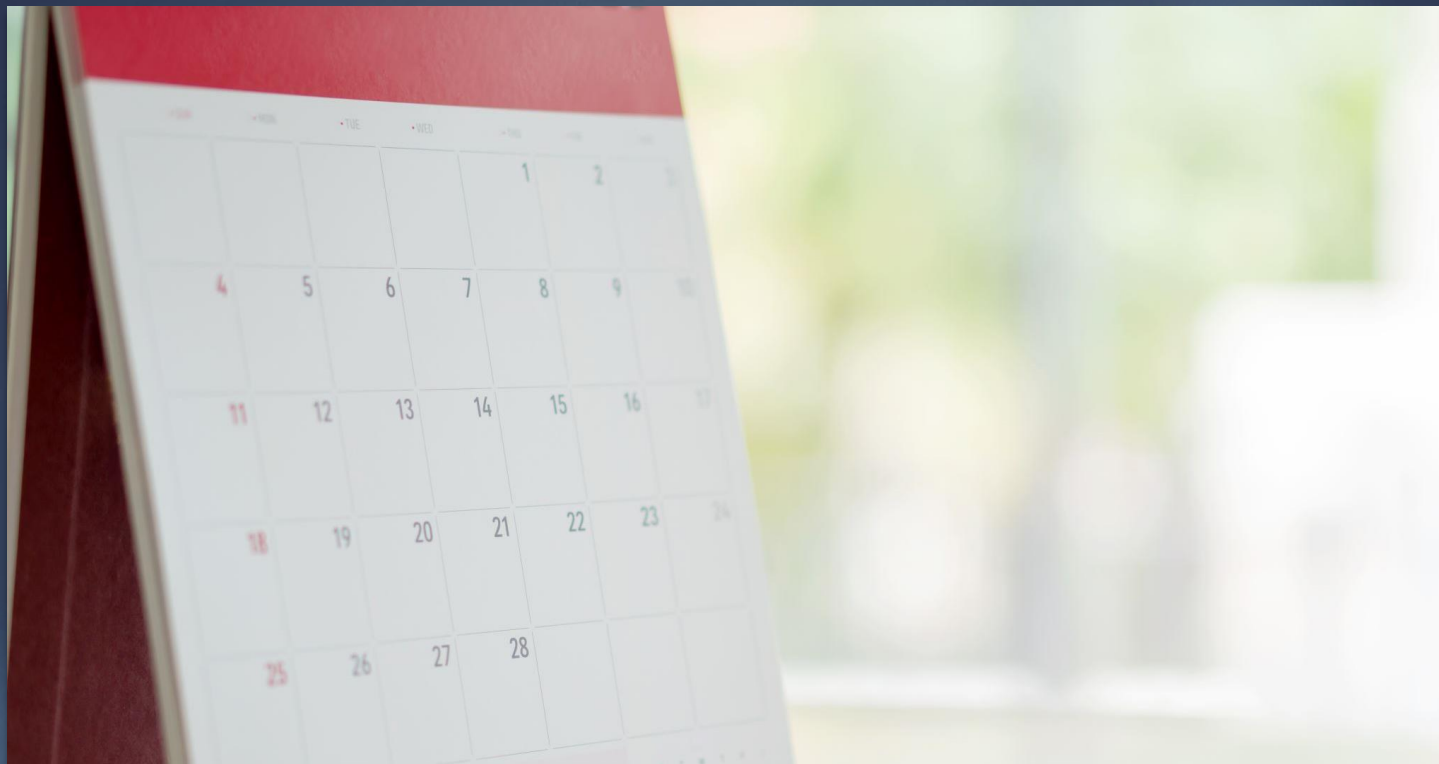
With  
Glenda Bundy  
Integrative Nurse Coach





# Why Mindfulness ?





**In the moment there is no past or future**

**ONLY NOW**



**What does it mean to be in the  
present moment?**





# Mind and Body Connect

# Benefits of Mindfulness

- ▶ Relaxation
- ▶ Improves cognitive ability
- ▶ Enhances one's ability to feel compassionate towards self – no judgement
- ▶ Lowers blood pressure
- ▶ Helps relieve stress
- ▶ Reduces compulsive thinking



**"You are your best thing"**

**Toni Morrison**





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