WHY BRING MINDFULNESS TO MEDICINE?

It can benefit your brain—increasing grey matter and shrinking the amygdala.

It can increase your ability to focus, and improve your memory.

It can help you manage technology and distractions, so they don't manage you.

It can make you more compassionate and boost emotional intelligence.

It can improve physical health and enhance immune function.

It can increase happiness, improve mental health, and boost overall resilience.

To learn more about our customized workplace mindfulness workshops and classes, contact William Songer at wsonger@health.ucsd.edu.

Visit us on the web at mindfulness.ucsd.edu.

© 2019 UCSD Center for Mindfulness