



TCS/GEN/180/2022-23

Date: 22/02/2023

CIRCULAR

VALUE OF THE MONTH: FORGIVENESS- مغفرة

SUBJECT: BENEFITS OF MINDFULNESS

Dear Parent,
Greetings from The Central School Dubai!

#WAKEUPWEDNESDAY

Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. The enclosed poster will help you to understand the key benefits of mindfulness.

Regards,

Syed Ali Haider Rizvi
PRINCIPAL

HOW **MINDFULNESS** BENEFITS YOUR WHOLE BODY

FOCUSING on the present makes healthy changes to our bodies.



In addition, practicing mindfulness may:

- boost our immune system
- increase energy levels

- improve focus and attention
- reduce symptoms of anxiety and depression
- increase ability to cope with stress

- increase compassion for self and others
- increase enthusiasm and ability to enjoy life



It may help us avoid over eating.



It may assist in keeping our hearts healthy



It may help reduce pain.



It may help with insomnia



It can change the activity and structure of the brain