

# INTRODUCING SMILING MIND

## WHO IS SMILING MIND?

Smiling Mind is a unique web and App-based resource developed by a team of psychologists with expertise in Mindfulness Meditation and web-based wellbeing programs.

We are a not-for-profit organisation providing free, accessible, online preemptive mental health tools to assist with stress management and resilience.

## WHAT IS MINDFULNESS MEDITATION?

Mindfulness Meditation is one of the most effective ways of teaching us to pay attention.

Mindfulness is all about focusing attention on the here and now, rather than getting caught up thinking about the past or worrying about the future.

## WHY MINDFULNESS MEDITATION?

Research shows that by training your mind to focus attention, you can improve your personal performance and wellbeing. Just like you exercise and eat well to look after your body, it's important to look after your mind and keep it fit and healthy too.

## THE SCIENCE BEHIND SMILING MIND

The practice of Mindfulness Meditation has been scientifically shown to improve working memory and executive functioning as well as reduce stress. This has been shown to result in increased productivity, creativity, energy and performance.

## WANT TO FIND OUT MORE?

Smiling Mind's free programs can be accessed via our **App on the App Store**, via our **website [smilingmind.com.au](http://smilingmind.com.au)**, or **downloaded as Podcasts**.

Here you'll find the range of Smiling Mind programs available:

- Individual Program
- Education Program
- Sport Program
- Corporate Program



## PRACTISE MINDFULNESS MEDITATION TO:

- Reduce stress
- Increase resilience
- Improve memory and attention
- Heighten performance and achievement



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