

# 8 BENEFITS OF *Mindfulness*

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1. It helps you slow down
2. It helps you know yourself better.
3. It helps you focus or concentrate.
4. It helps you ruminate/stress less.
5. It helps you change bad habits.
6. It helps us be more resilient.
7. It leads to self-acceptance and compassion for others.
8. It leads to a more enjoyable life.