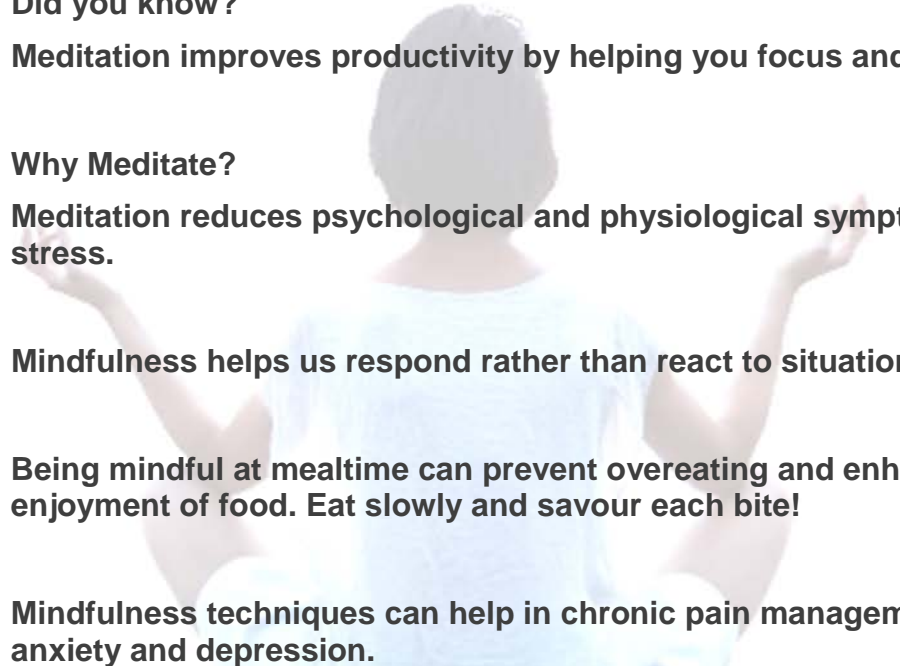


Wellness Tips

Part of a quarterly Tenant Wellness Seminars

Mindfulness through Meditation

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- **Mindfulness is the practice of being in the present, not thinking of the past or anticipating the future. Mindfulness brings clarity.**
 - **Did you know?**
Meditation improves productivity by helping you focus and concentrate.
 - **Why Meditate?**
Meditation reduces psychological and physiological symptoms of stress.
 - **Mindfulness helps us respond rather than react to situations.**
 - **Being mindful at mealtime can prevent overeating and enhance enjoyment of food. Eat slowly and savour each bite!**
 - **Mindfulness techniques can help in chronic pain management, and ease anxiety and depression.**

We welcome your questions and suggestions.

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