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We all want to know that putting effort into something will pay off. We hear this with practicing mindfulness too and with the range of benefits of practicing mindfulness being so vast almost everyone can benefit. Whether you're interested in managing stress, taking your performance up a notch, improving relationships, sleeping better, managing pain, or being healthier and happier, mindfulness can help.

Mindfulness doesn't change what happens to us, it simply changes the way we perceive and relate to it. As we practice, we learn to become better observers of our inner experiences, thoughts, emotions, and urges to act. It's almost as if we can suspend time for just a second on our immediate reactions as they rise up. This tiny space between seeing and reacting is enough to shift gears and consider what we're really wanting and needing in the moment. While it may not seem like you're doing that much, neuroscience shows that regular mindfulness practice can increase the size and function in the brain areas associated with concentration, decision making, learning, and memory. While shrinking those linked to stress and anxiety. You're rewiring your brain for pay offs that can be life changing. Soon you'll be better able to focus on what's important and you'll likely notice it's easier to let go of thoughts that stir up anxiety, frustration, and stress, that aren't necessarily true. You'll begin to experience a more positive mood and even improved health, greater effectiveness at work, and a deeper connection in your relationships. All that from focusing on your breath.