



help yourself to *the boost*

# Get your brain in shape!

These days we are all aware of the importance of keeping physically fit, but what about our mental health?

Keeping stress levels down and performance levels up has never been more important.

Mindfulness meditation is a simple and easy technique that you can learn to do in your own home and in your own time.

Just take 5 or 10 minutes out of your busy day and feel the benefits straight away.

We can't change the past and we don't know what the future may hold. But we can learn how to enjoy the moment. Today is a gift, that's why it's called the present.

## You CAN

- Reduce stress
- Improve your memory
- Get your brain working smarter
- Boost your ability to multi-task
- Increase attention levels
- Improve your heart rhythm
- Cope better with chronic pain
- Sleep sounder

Mindfulness techniques can be taught on a one-to-one basis or in a class, the choice is yours.

Contact Sue Keane to find out more:

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