How Mindfulness Could Help Me

- List the problems you need help with, such as depression, anxiety, well-being, concentration, sleep, specific medical condition, stress management, etc.
- List the parts of the brain that mindfulness affects that may help with your condition.
- Do you know anyone who has incorporated mindfulness into their life and if yes, what benefits have they experienced?
- What would keep you from using mindfulness?
- Do you believe mindfulness can help you?
- How would you feel if mindfulness improved the symptoms of your condition?