



## ***Potential Benefits of Mindfulness Training***

- Decrease mind-wandering<sup>1</sup>
- Increase focus<sup>1</sup>
- Improve working memory<sup>2</sup>
- Improve critical cognitive skills<sup>1, 2, 4</sup>
- Reduce test-anxiety<sup>3, 6</sup>
- Improve concentration<sup>4, 5</sup>
- Reduce symptoms of stress<sup>5, 6, 11</sup>
- Reduce burnout<sup>7</sup>
- Improve immune function<sup>8</sup>
- Increase emotional resilience<sup>10</sup>
- Improve mood and wellbeing<sup>9</sup>
- Increase creative thinking<sup>12</sup>
- Improve moral reasoning and ethical decision making<sup>13</sup>

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**About Us:** The WorkLife Integration Program (WIP) at the University of California San Diego Center for Mindfulness is dedicated to delivering outstanding customized mindfulness resources that have a positive impact on business, individuals, and culture while integrating personal health and well-being with business success.

The Center for Mindfulness is a division within the UCSD Center for Integrative Medicine and Department of Psychiatry. The foundation of our work lies in the Mindfulness-Based Stress Reduction (MBSR) program developed by Jon Kabat-Zinn, Ph.D at the University of Massachusetts Medical School Center for Mindfulness.