

Module 2 - Discover five reasons to practice mindfulness:

- 1) Take time for yourself, to recharge your batteries during this new, hectic period and sometimes very tiring
- 2) Be aware of your natural and involuntary tendency to be carried away by your thoughts and by your emotions
- 3) Better cope with pleasant or unpleasant transitions in your life. Sometimes these states are especially difficult to cross and prolonged. The practice of mindfulness is a method that helps us regain a sense of inner security
- 4) Practice non-judgment and kindness towards yourself and those around you. Non-judgment allows you to examine some of your difficulties with lucidity while avoiding being unnecessarily hard on yourself.
- 5) Gradually develop a more enlightened mind, or some form of wisdom. Develop your ability to accept the challenges of your life, for example those of your role as a parent