

What is Mindfulness Training?

What is Resilience and Mindfulness Training?

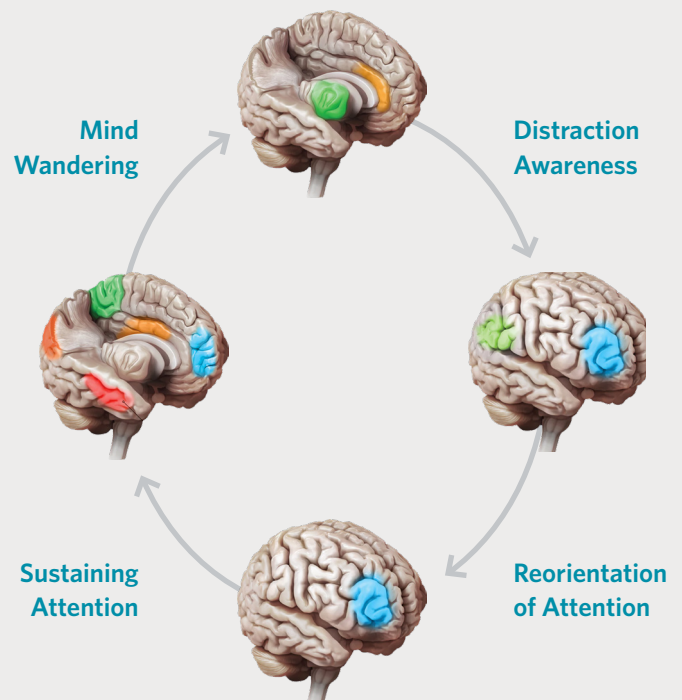
Mindfulness is attention and awareness training used to reduce stress, focus attention and perform in the present moment. It is also often referred to as resilience training, brain training and emotional intelligence training.

Whatever you call it, learning to be calm, cool and collected is one of the keys to improving health and happiness.

Why is Everyone Talking About Mindfulness?

Our culture is taken with the mindfulness and mental wellbeing movement these days. Top sports teams use it to gain an edge. Top businesses embrace it to help their employees perform while reducing stress, lowering absenteeism and related healthcare costs. And people everywhere are embracing mindfulness as a tool to live healthier, happier and more engaged lives. It's a hot topic for individuals and companies around the world.

The brain cycles through states of awareness, with 47% of time spent "wandering." This harms wellbeing and performance.



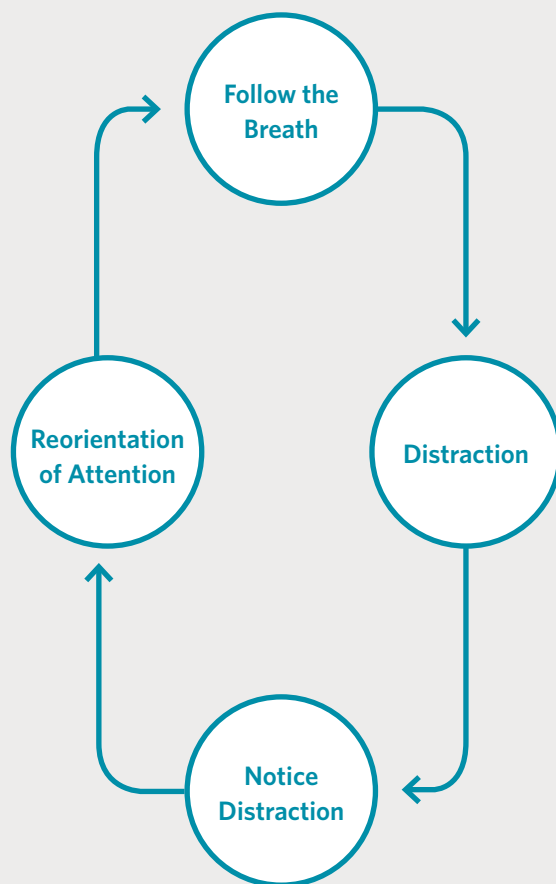
The world's fascination with mindfulness is driven by two key trends:

1. Stress is the leading cause of illness, costing the U.S. **\$300bn** per year in turnover, absenteeism, productivity and medical costs.
2. An explosion of scientific studies showing the many health and performance benefits of mindfulness, particularly as a tool for stress resilience.

Thousands of studies have shown that mindfulness training reduces stress, anxiety and depression while improving the immune system and the cognitive skills that are **key to high performance**.

Much of this research focuses on **neuroplasticity** (the brain's ability to change in response to experience and training... like mindfulness meditation) and the relationship between the "thinking brain" (prefrontal cortex) and the "emotional brain" (amygdala). When these two parts of the brain work together well, people act calm, thoughtful and reasonable. When they don't, people act stressed, unhappy and tend to lose their cool. Sound familiar?

Whil's training builds muscle memory and improves the ability to sustain attention.



whil.

Virgin Pulse has partnered with Whil, making it easy for you to offer your employees a comprehensive, science-based stress reduction and mindfulness solution. The Virgin Pulse platform drives usage of Whil's market leading mindfulness training by making it easy to access, simple to understand, and engaging to the user.