39 Mindfulness Facts

Mindfulness is associated with an extensive list of benefits and studies. If your mindfulness practice has stagnated, this impressive list of mindfulness benefits will get you moving again!

1. Mindfulness can make you happier
2. Mindfulness can make you less stressed
3. Mindfulness can make your heart healthier
4. Mindfulness can improve your immune system
5. Mindfulness can decrease cognitive decline
6. Mindfulness can reduce inflammation
7. Mindfulness can make you more empathetic
8. Mindfulness can help you lose weight
9. Mindfulness can reduce pain
10. Mindfulness can lower high blood pressure
11. Mindfulness can change the structure of your brain
12. Mindfulness can improve decision making
13. Mindfulness can boost creativity
14. Mindfulness can improve problem solving
15. Mindfulness can reduce anxiety
16. Mindfulness can improve body image
17. Mindfulness can improve attention
18. Mindfulness can make you smarter
19. Mindfulness can improve your relationship
20. Mindfulness improves self-acceptance
21. Mindfulness can help treat substance abuse
22. Mindfulness can reduce bias
23. Mindfulness improves your focus
24. Our minds are lost in thought 47% of the time. Mindfulness helps improve this.
25. Mindfulness can improve sleep
26. Mindfulness isn't religious
27. There are hundreds of types of mindfulness practices
28. Google offers daily mindfulness sessions to its employees
29. There are more than 1,000 mindfulness apps available
30. Mindfulness is over 2,500 years old
31. Mindful coloring books are a big thing
32. The world's most mindful city is Melbourne, Australia
33. The most mindful city in the US is Minneapolis
34. 275 million people practice meditation around the world
35. Mindfulness is not meditation
36. Most people learn mindfulness through an app, a book or a course
37. 35% of mindfulness practitioners aim to reduce stress
38. 5% of kids practice mindfulness
39. The most popular mindfulness book is The Untethered Soul by Michael Singer