

# 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