

## BOOSTING MOTIVATION TO PRACTICE

### What are your personal motivations for practicing mindfulness?

Circle one or more of the options below. Or, write in your own personal motivations.

My recovery matters a lot to me

Self-care is an important part of my life

I want to boost my ability to handle stress in my life

I am willing to try something new

I like that mindfulness is backed by research

I recognize that mindfulness has helped other people in recovery

I want to learn effective coping strategies

I value my mental health as much as my physical health

I want to live a healthy and balanced life

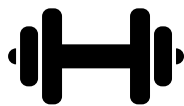
## WHY STICK WITH IT?

**Think about your BRAIN!**



**Our brains literally continue to grow and form new connections all throughout our lives**, even as adults. We are not simply born with one brain that stay the same all of our lives. Rather, our brain is constantly changing depending on what experiences we have and what information and skills we learn about and practice. Whenever we learn or practice something new, like a skill, new connections are formed in the brain. The more and more we practice a skill, the stronger these connections become. The fancy word to describe changes in the brain is called neuroplasticity.

**Your brain is like a muscle that can be strengthened through hard work and practice.** Just like exercising your body makes your body stronger, exercising your brain with mental exercises like mindfulness actually makes your brain stronger. Research shows that regular practice of mindfulness actually changes people brains and strengthens the areas of the brain involved in managing stress and emotions. These studies also show that people's stress levels go down with regular practice of mindfulness.



**Remember, you have the ability to change your brain. Mindfulness is a science-backed tool you can use to change your brain and boost your coping power.**

