

Mindful Wellness

with Troy Nickell

Reduce Stress & Increase Productivity

Stress and anxiety are among the leading causes of decreased work performance, attendance, as well as overall productivity. Stress also contributes to physical ailments and unhealthy lifestyle choices that may also impact job performance.

Coping with stress in a healthy way can help employees feel better, and in turn, function at a higher level on the job. Whether it be workplace or personal stress, it is important for every member of the team to be able to manage and regulate it effectively.

MINDFULNESS TECHNIQUES ARE SHOWN TO:

- reduce anxiety, stress, and worry
- improve focus and cognitive flexibility
- increase job performance and productivity
- improve relationship satisfaction
- quiet incessant, troublesome thoughts
- boost working memory
- improve mood
- increase energy
- help manage pain



Troy provides Mindful Wellness workshops as well as individual and group trainings to aid in stress reduction and improved performance.

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

-Buddha