



**New Start
Recovery
Solutions**

*We help individuals out of problems –
And into Solutions.*

866-303-6275

<https://newstartrecoveryolutions.com>

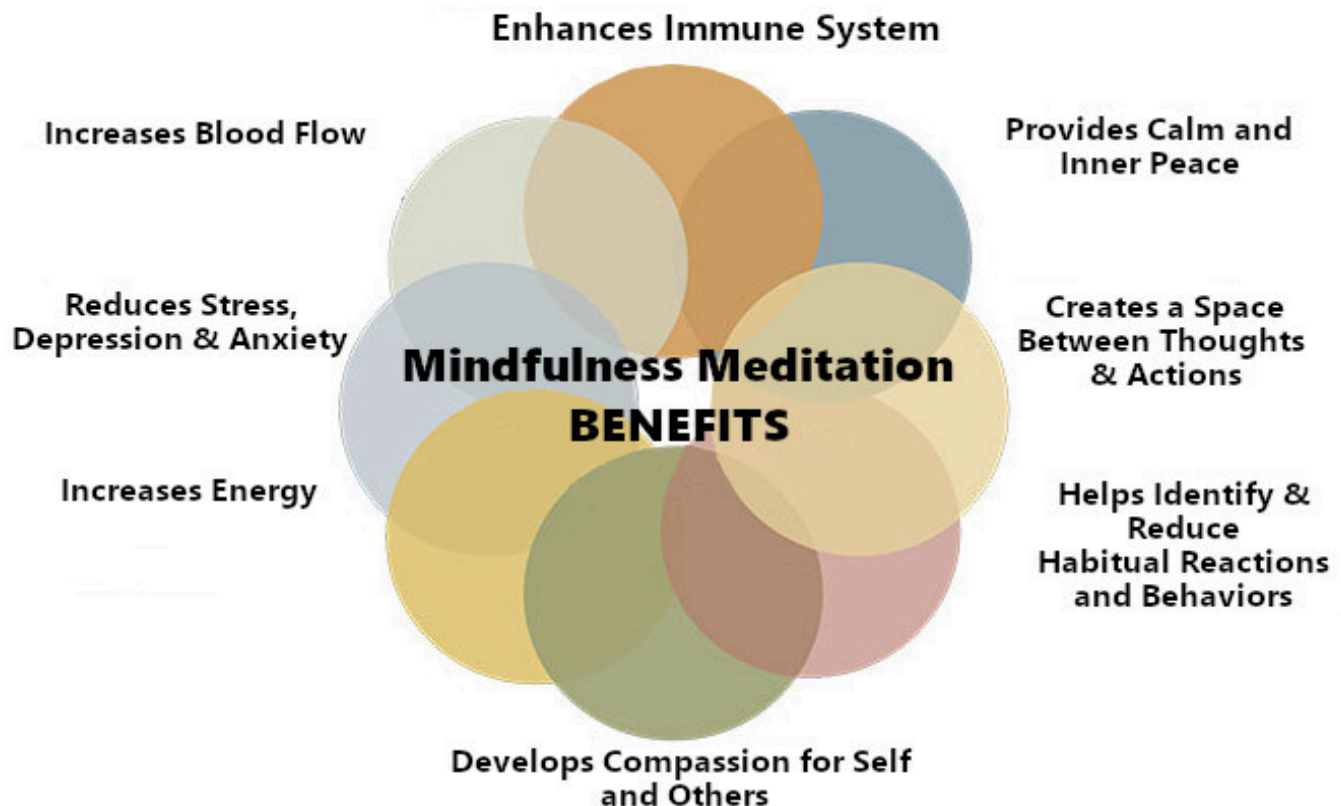
Mindfulness Meditation Benefits

- Enhances Immune System
- Increases Blood Flow
- Reduces Stress, Depression & Anxiety
- Increases Energy
- Develops Compassion: Self & Others
- Provides Calm and Inner Peace
- Creates a Space Between Thoughts
- Helps Identify Habitual Behaviors
- Helps Reduce Habitual Reactions

MINDFULNESS MEDITATION BENEFITS

Relapse Prevention and Anxiety Relief

COVID-19 Self Care



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