

Course
&
Test Series

 CBSE

 ICSE

 NTSE

 Banking & Insurance

 Central Govt. Service

 State Govt. Services

 LAW Entrance

 MBA Entrance

 Railways & Metro Services

...many more

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Self-Made Assignment - MS Power Point

Formatting Text, Color and Text Alignment in Power Point

<p>Slide 1: Apply Theme: Apothecary Font: Algerian Font Size: 34 Font Color: As given in Image</p>	<p style="text-align: center;">"The Benefits of Mindfulness"</p> <p style="text-align: center;">"A Path to Mental Clarity and Well-Being"</p>
<p>Slide 2: Apply Theme: Austin Font: Arial Font Size: 34 Font Color: As given in Image</p>	<p style="text-align: center;"><u>Introduction to Mindfulness</u></p> <ul style="list-style-type: none"> • Mindfulness is the practice of being present and fully engaged in the current moment, without judgment. • Brief overview of its origins in Buddhism and its modern psychological applications. • Importance of mindfulness in daily life.
<p>Slide 2: Apply Theme: Adjacency Font: Algerian Font Size: 34 Font Color: As given in Image</p>	<p style="text-align: center;"><u>Mental Health Benefits</u></p> <ul style="list-style-type: none"> • Reduces stress and anxiety. Enhances emotional regulation. • Helps in managing depression and improving overall emotional well-being. • Research evidence of mindfulness-based therapies.

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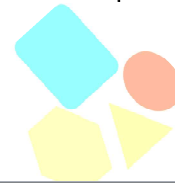
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Slide 4:
Apply Theme: Waveform
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Font Color: As given in Image

Physical Health Benefits

- Lowers blood pressure.
- Improves sleep quality.
- Reduces symptoms of chronic pain.
- Strengthens the immune system.



Slide 5:
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Font Color: As given in Image

Practical Ways to Practice Mindfulness

- Breathing exercises (e.g., deep belly breathing).
- Body scan meditation.
- Mindful walking or eating.
- Using guided meditation apps (e.g., Headspace, Calm).