



**Chico
Recovery
Center**

*Visualizing Your Ideal Life During Recovery is
Your Job - Helping You to Get There is Ours.*

[888-654-2800](tel:888-654-2800)

<https://chicorecoverycenter.com>

Mindfulness Meditation Benefits

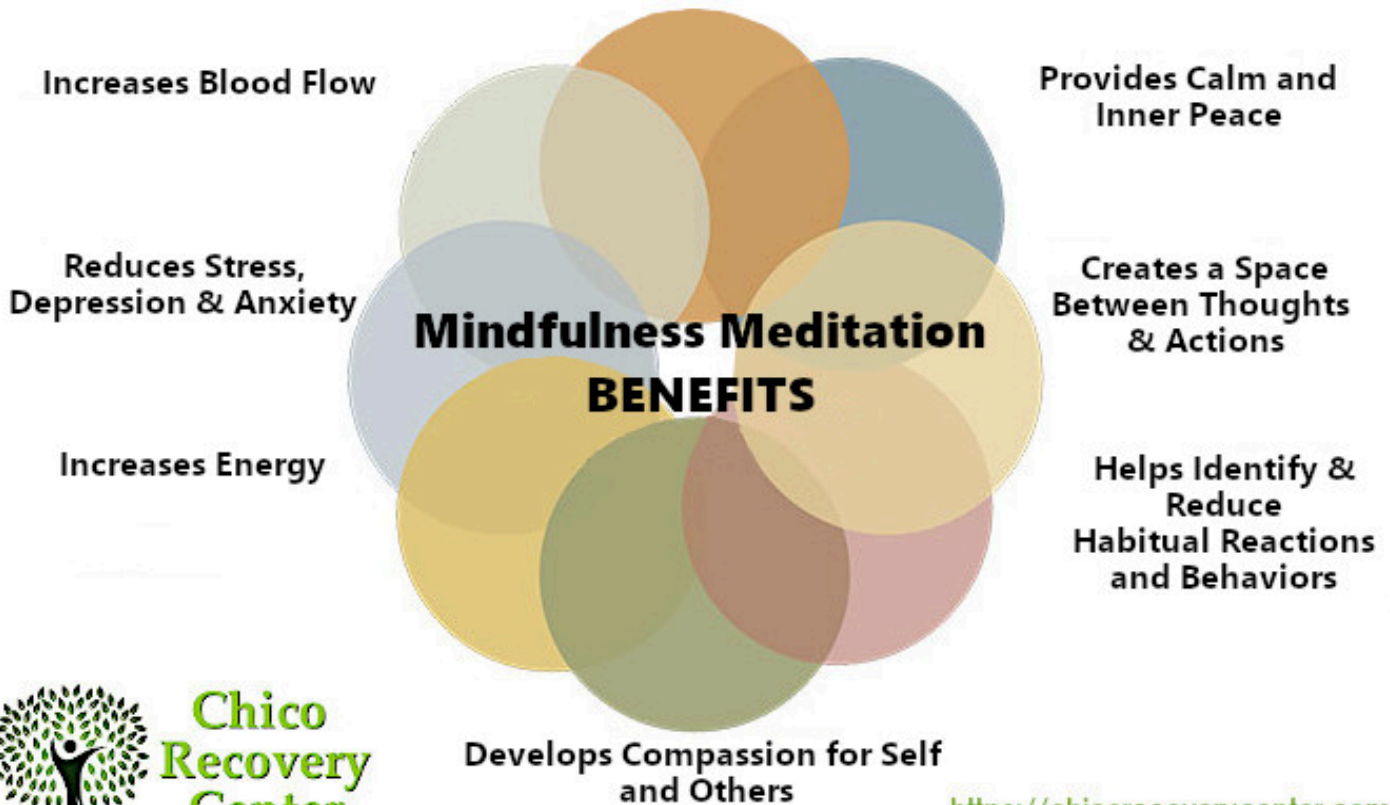
- Enhances Immune System
- Increases Blood Flow
- Provides Calm and Inner Peace
- Reduces Stress, Depression & Anxiety
- Creates a Space Between Thoughts
- Increases Energy
- Helps Identify Habitual Behaviors
- Develops Compassion: Self & Others
- Helps Reduce Habitual Reactions

MINDFULNESS MEDITATION BENEFITS

Relapse Prevention and Anxiety Relief

COVID-19 Self Care

Enhances Immune System



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