



solutions

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Live in the Moment

There can be plenty of distractions in your daily life. Finding time to pause and be fully present, moment by moment, may seem challenging. Yet, purposefully paying attention to the “here and now” can reward you by enhancing your productivity and creativity, while reducing stress. Learn what mindfulness means, its potential benefits, and how to put it into practice in your life.

Mastering Mindfulness

Mindfulness is the practice of becoming fully aware of your surroundings and engaging yourself in the present. Doing so can often open your eyes to a new perspective.

Additionally, mindfulness heightens consciousness of your thoughts and feelings without labeling or judging them. Let's explore some of the main tenets of being mindful.

Deliberately paying attention

First, mindfulness involves purposefully being aware of yourself and your behaviors. Attaching purpose to what you experience helps you sharpen your mind and avoid thoughtlessly going through the motions.

Awareness of the present moment

As your mind wanders throughout the day, you typically think about the past or future—not the present. Distancing yourself from thoughts concerning the past or the future allows you to embrace the present moment as you experience it fully.

Avoiding judgment

Mindlessly judging others can become a habit. By removing judgment of whether experiences—or people—are good or bad can help you appreciate how and why people behave the way they do. Being mindful involves observing and accepting whatever happens without attachment or an emotional reaction.



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The Benefits of Being Mindful



Practicing mindfulness can produce various benefits for your physical and emotional health, along with your relationships with others. Here are a few advantages of establishing a more mindful state:

Greater appreciation of the present

Savoring life's simple pleasures is easier when you're living in the moment. Mindfulness allows you to be more engaged in your everyday activities—and better equipped to handle adversity. So, enjoy the present and learn to worry less about the future or the past.

Stress reduction

Practicing mindful behaviors, including meditation and yoga, can bolster your positive disposition while lowering anxiety and stress. Mindfulness can help you focus on becoming aware of life's stressors and observing your responses.

Improved memory and concentration

Mindfulness may strengthen your memory and focus, too. A 2013 study by University of California, Santa Barbara, found students who took a mindfulness-training course prior to taking the Graduate Record Examinations (GRE) had improved working memory capacities, heightened focus, and better reading comprehension scores than their peers.

Strengthened relationships

Being skilled at handling stress in life can also help you respond to disturbances in your relationships. Mindfulness can keep you from becoming reactive and judgmental toward your partner or coworker, for example.

Mind Exercises Made Easy

It takes almost no time to implement mindfulness into your daily life, but the impact can be profound. Try the following exercises to conveniently work mindfulness into your routine.

Mindful meditation: Find a place free from distractions, clear your mind, and bring yourself to a relaxed posture. Then, slowly exhale, leaving a slight pause before inhaling. Inhale and pause again as you finish before exhaling. Continue this cycle. As you breathe, visualize an inspiring image and let all other thoughts float away. Be sure to take your time transitioning back to your regular day.

Deep breathing: If you don't have time to meditate, simply focus on your breath. Breathe in through your nose and out through your mouth. Inhale deeply into your belly—not just your chest. Concentrating on deep breathing can have a soothing effect and keep you cognizant of the present moment.

Still stressed?

If you'd like more help managing the stress in your life, seek support from your Employee Assistance Program (EAP) for a FREE expert consultation. Contact a program specialist 24/7 for assistance in

improving your emotional health so you can feel more balanced and centered.

For more information on how you can become more mindful, or for help improving your emotional well-being or reducing stress, call your EAP today and speak to a specialist.

Employee Assistance Program

24 HOURS A DAY

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(TTY: 1-888-262-7848)

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