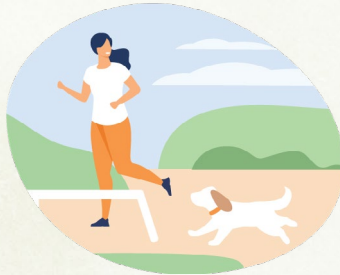


EMPLOYEE ASSISTANCE PROGRAM

THREE WAYS TO PRACTICE MINDFULNESS IN YOUR EVERYDAY LIFE



Mindfulness is a tool that helps you be present in the moment and cope with work more effectively. It can help you calm your mind and build your resilience. You don't need to be somewhere special to do it, but you do need to practice it to perform better every day. Here are some simple ways to practice mindfulness in your everyday life.

- 1. Start your day with a purpose.** When you wake up, take three long, deep breaths and set your intention for the day before looking at your phone. You can say, *Today, I will be kind to myself and patient with others.* Focus on one thing that you feel is important and as you go through the day, remind yourself to pause, take a breath, and affirm your intention.
- 2. Eat your lunch and do nothing else.** Sit somewhere you feel comfortable, set your phone aside, and relax. Savor your food by eating it slowly. Take your first three bites mindfully, experience the taste, flavors, textures, and how much enjoyment you are receiving from your food.
- 3. Go outside.** You don't have to walk a long distance or through some golden wheat field at sunset. Enjoy the moment and pay attention to what you see, hear, smell, and feel. If your mind wanders off, that's okay. Bring yourself back and focus on it again. The more you practice mindfulness, the easier it gets to be "present" for longer.

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