Mindfulness: A way to be in the moment

Mindfulness means paying attention – on purpose – to whatever is happening in the present moment. It’s about keeping an open, curious mind.

Mindfulness does not mean mentally checking out or being unresponsive.

Paying attention is the key

To bring awareness to a moment, just stop to note your breathing, feelings, surroundings, thoughts, and sensations.

There are many benefits to being mindful – and some of them might surprise you. You may find that mindfulness can help you:

- Lower your stress
- Set work priorities
- Communicate more skillfully
- Solve problems more easily
- Manage distractions
- See things clearly
- Connect better with people
- Be more resilient

Bathe in mindfulness

Not sure how to get started? One way is during the morning shower, when you are usually thinking about the day ahead of you. Pay attention to the experience: the smell of the shampoo, the feeling of the water as it hits your shoulders, and the touch of your fingers on your scalp. You will enjoy your shower more and take in an everyday moment!

Upcoming events

Wellness Webinar Series
“Mind Your Stress”
June 12, 2018
9:00 am, 11:30 pm and 3:30 pm CT
http://go.activehealth.com/wellness-webinars
Make mindfulness part of your day

It’s not what you’re doing, it’s how you’re doing it. Here are some tips to bring mindfulness into your daily activities.

1. **Pause and breathe** before reacting.
2. **Block off time** to work without distraction.
3. **Schedule time** to respond to emails thoughtfully.
4. **Do one thing** at a time instead of multitasking.
5. **Get moving**. Stretch and walk around. Hit the gym, or grab your yoga mat.
6. **Be kind to yourself**. Notice when you’re judging yourself too harshly and reframe things.
7. **Listen at meetings**. Notice when you stop listening and start preparing to speak.
8. **Just drive**. Turn off the radio. And if you come across traffic or rude drivers, take a breath and let it go.
9. **Enjoy a lunch break**. Unplug and pay attention to everything about the food you’re eating.

Check out the NEW ActiveHealth Mobile App

Here is how you can start using the new mobile app today—

1. Download the ActiveHealth app in the App Store or from Google Play.
2. Have you registered already at MyActiveHealth.com? If so, use your username and log in information. If not, complete the registration.
3. Complete or update the Health Assessment and begin working on your health goals.

For technical support call: 888-588-8741

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