

Employee Assistance Program

The Benefits of Mindfulness

Practicing mindfulness at home and at work can boost your health and happiness.

Do you often feel so distracted or overwhelmed that you're barely aware of your emotions or physical state? Ever find yourself eating, driving, or acting on "automatic pilot?" Sometimes we get so caught up in multi-tasking and the demands of our busy lives that we lose sight of what is going on in the present. Mindfulness, the conscious effort to live in the moment, can help us to clear our minds and observe our thoughts and feelings.

Practicing mindfulness can help calm thoughts and improve moods. Research shows that mindfulness training or simple meditation can improve communication and decrease stress at home, in educational settings, and in the workplace.

Mindfulness can help us become more resilient. Other benefits include heightened emotional intelligence, improved decision-making abilities, improved teamwork, and enhanced creativity.



Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)

TTY users should call 1-800-424-6117
Visit us online: www.eap.calhr.ca.gov



Ways to practice mindfulness include the following:

At home:

- Find a quiet place to sit and focus your full attention on your breath as it flows in and out of your body. As you breathe, your attention will wander. Observe your thoughts come and go without judging or obsessing.
- Engage in one task at a time, and pay full attention to what you're doing. If you're eating, don't watch TV or read at the same time.
- Think before you speak.
- Notice your thoughts when you wake up in the morning and when you go to bed at night.
- Practice gratitude.

At work:

- Take moments for silence and reflection during the course of the workday.
- Slow down and notice your breathing. Become aware of your body and what you're feeling.
- Encourage acts of kindness and respect toward others.



Log on to www.eap.calhr.ca.gov today!

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