

De-Stress and Rebalance with Mindfulness

Every day we face various life stressors — from work and challenging commutes, to family and home responsibilities. At times, just one small change to our schedule can leave us feeling overwhelmed. As such, being more mindful and fully present in our lives can help us regain a better sense of balance.

Start by making a clean break: Your body and mind need a break from the days' efforts, so try to mentally remove yourself from work before you get home. This might involve going outside and taking a deep breath, putting on your favorite music, or even doing a simple activity — like sweeping the floor. Be fully present with loved ones by setting your smart devices out of sight, especially if you know you tend to look at work-related email when you are home.

Pursue balance daily: Accept that some days will be work-heavy or hectic and plan ahead for some “me time” to help keep you in balance (for example, taking a midday time-out with some stretching to ease your mind or going for a 15-minute walk to restore a sense of control). At home, put the day to rest, literally, and go to bed 15 minutes early, when possible.

Focus on the present: Stay grounded by stopping to truly experience whatever is going on at the present moment. Value everyday living by taking notice of simple pleasures such as the physical sensations of the way the sun feels on your skin or the taste and texture of what you are eating. If you find yourself in the middle of chaos, stop to fully experience your feelings — then try to let go of any anxiety or worry.

Develop a positive mindset: Believe that you are entitled to your own happiness. If you struggle with this idea, take time to prioritize what you value and create a plan to gradually change some things in order to enjoy life more.

Talk to someone: If you or any of your family members are having trouble with priorities, balance, or feeling overwhelmed, your Employee Assistance Program (EAP) can provide options and resources. Call (800) 222-0364 or visit foh4you.com. It's smart — and perfectly normal — to seek help!

Employee Assistance Program

24 HOURS A DAY

(800) 222-0364

TTY: (888) 262-7848

FOH4You.com