



Start a mindfulness practice.

Starting a mindfulness practice is a wonderful foundation for a New Year's resolution or to support other health changes you may want to make. Mindfulness can help you feel more in control of your mind and of your responses to situations. These practices stem anywhere from learning a meditation technique to deciding to practice a mindful attitude. Eliminating distractions and maintaining your full attention on a specific activity like mindful eating or focusing on paying more attention to what you are doing as you go through your day will help you to feel calmer. You can learn simple meditation and breathing techniques that are easy to enlist in stressful moments and situations at work.

Remember your EAP is here to support you in the changes you would like to make for the new year. Counseling and life coaching services are available in a number of different ways. For more information visit EAP4YOU.com or give us a call at 800-327-4968 (800-EAP-4YOU) | TTY: 877-493-7341.