



Stay Grounded This Season

By Focusing on Here and Now

Focusing on the present moment can significantly enhance your productivity, reduce stress, and improve your overall well-being and mental health, especially during the holiday season.

Here are some tips to help you stay focused on the present moment:

Limit Distractions: Turn off notifications on your phone or computer, create a clutter-free workspace, and communicate your need for uninterrupted time to those around you.

Use Mindfulness Cues: Choose a specific cue to remind you to be present. Every time you hear a certain sound, see a particular object, or feel a certain sensation, take a moment to center yourself and be fully present.

Practice Deep Breathing: Whenever you feel overwhelmed or distracted, take a few deep breaths to bring yourself back to the present moment. Focus on the sensation of your breath entering and leaving your body.

Engage Your Senses: Use your five senses to anchor yourself in the present moment. Notice the details of what you see, hear, smell, taste, and touch. Engaging your senses can help you stay grounded.

Be Aware of Your Thoughts: Pay attention to your thought patterns without judgment. Gently remind yourself throughout the day to bring your attention back to the present moment.

Listen Closely: Practice being fully present when listening to others. Give them your undivided attention and avoid interrupting or thinking about your response while they are speaking.

Take Breaks: Take short breaks throughout the day to check in with yourself and reset your focus. Even a few minutes of mindful breathing or stretching can recharge your focus and mental clarity.

Use Mindfulness Tools: There are various tools to help you stay present, such as mindfulness apps, guided meditations, and gratitude journals. Experiment with different resources to find what works best for you.

Like any skill, focusing on the present moment takes patience and practice. The more you incorporate these tips into your daily routine, the more natural it will become to stay present and enjoy the richness of each moment. If you would like additional support in practicing mindfulness to stay grounded during the hectic holiday season, reach out the EAP.