



Wise Mind for Being Present

Mindfulness is the practice that promotes the balance of the wise mind. It refers to paying attention to the present. Recognizing our feelings and thoughts and taking time to evaluate our responses to stimuli. When we can take a break between reacting impulsively and evaluating a better way to respond, we can avoid negative consequences. Researchers have found that practicing mindfulness can even change our brain structure and function over time. Once we start doing it, we get used to it and it becomes our default state.

Whether we are at work or at home, being mindful can shape our decision-making process and help us improve our relationships with others. First, recognize your feelings: “I’m tired because I’m working a lot.” Next, consider rationally what is happening at the present time and how it is impacting your behavior. For example, when you raise your voice at your kids. We do not want to affect our children by responding aggressively due to feeling irritable or burned-out. Acting mindfully with a WISE mind can lead us to more deliberate and effective choices for ourselves and for others.

Mindfulness can help improve work and life balance. Mindfulness is a type of meditation used to focus on being aware of what you are sensing and feeling in the moment, without judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Mindfulness helps reduce and manage the following conditions:

- Stress
- Anxiety
- Pain
- Depression
- Insomnia
- High blood pressure

If you would like more information on learning to use your WISE mind, your EAP is here to help. Contact us today at 800-327-4968 (800-EAP-4YOU), TTY: 1-877-493-7341 or visit us online at EAP4YOU.com.