

One Source EAP Connections

Be Present for the “Now” - Mindfulness Matters

April 2021

Showing up and being fully engaged in the “Now” is also known as being Mindful. It’s noticing and paying attention to thoughts, feelings and behaviors rather than getting bogged down in the past and future. Mindfulness is a tool to avoid self-criticism and judgment while identifying and managing difficult emotions. It enables us to be totally present without distraction.

Fears and insecurities about the past and the future can make it difficult to fully appreciate the present. The key is learning how to pay attention.

Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. See the side bar for Mindfulness Exercises.

Mindfulness also releases ‘happy’ chemicals in the brain; it lowers blood pressure, improves digestion, and relaxes tension and pain.

For a great example of mindfulness, watch a dog. It doesn’t matter what happened yesterday, they aren’t angry you left them to go to work and they aren’t planning for tomorrow, They’re just happy you’re with them now.

Should you need assistance being present for the now, One Source EAP can help. To use your benefit, **call (800) 300-0628**.

The Access Center is **open 24/7/365**



Mindfulness Exercises

The Mayo Clinic offers some simple exercises to practice mindfulness. [Click here](#) for details on each exercise.

- **Pay attention.** Take time to experience your environment with all of your senses
- **Live in the moment.** Find joy in simple pleasures.
- **Accept yourself.** Treat yourself the way you would treat a good friend.
- **Focus on your breathing.** Focus on your breath as it moves in and out of your body.

Or try more structured exercises like **Body Scan Meditation, Sitting Meditation or Walking Meditation.**

One Source EAP Can Help with Mindfulness

One Source EAP can get you started with mindfulness techniques during seminars such as, **Meditation for Beginners** and **Managing Stress Instantly**. Talk to your HR partner to [Request a seminar](#) for your team. And don't forget the [Calm Collection video series](#) which include videos on mindfulness exercises including chanting, guided visualization, being your own best friend and more. You can access all these resources and more on the [One Source EAP website](#).