

Techniques to Being Mindful

Mindfulness is the practice of intentionally focusing on the present moment and accepting it without judgment. Mindfulness has been examined scientifically and is found to be a key element in happiness. Mindfulness improves well-being, physical health and mental health.

- **Mindfulness Practice.** Sit quietly and focus on your natural breathing or on a word (mantra) that you repeat silently. Allow thoughts to come and go without judgment and return your focus on the breath or mantra.
- **Awareness.** Notice subtle body sensations such as an itch or tingling without judgement and let them pass. Notice each part of your body in succession from head to toe.
- **Sensory.** Notice sights, sounds, smells, tastes and touches. Name them “sight,” “sound,” “smell,” “taste” or “touch” without judgement and then let them go.
- **Emotions.** Allow emotions to be present without judgement. Practice a steady and relaxed naming of emotions: “joy,” “anger,” and “frustration”. Accept the presence of emotions without judgement and let them go.
- **Cravings:** Cope with cravings (for addictive substances or behaviors) and allow them to pass. Notice how your body feels as the craving enters. Replace the wish for the craving to go away with the certain knowledge that it will subside.
- **Eating:** Notice the texture. Eat slowly. Be aware of all of the sensations of the body while you eat. Pay attention to the taste, texture, sounds and body’s response.

WHAT IS MINDFULNESS?

- Giving your full attention to what is happening moment by moment
- Being aware of your thoughts and emotions without judgement
- Being able to reduce stress, anxiety, depression and overeating
- Being able to respond (rather than react) to what is happening
- A way to focus positive energy anywhere

Modified from HelpGuide.org: Harnessing the Power of Happiness, Personal Strength and Mindfulness.

HOW TO USE YOUR EAP:

ERC is your company’s Employee Assistance Program (EAP). For additional information, visit our website www.ERCincorp.com or simply call 1-800-222-8590.