

# Mindful Wellness & Increasing Awareness

LIVING WELL – JANUARY 2023

**JRP**  
BENEFITS. PENSION. HR.



You may have heard the word 'mindfulness' and thought it was about meditation or yoga. Mindfulness is simply awareness in the present moment. There are many ways to practice mindfulness and it's not time consuming. It is a learnable skill that we can do anywhere and everyday with some purposeful practice.

Having awareness in the present moment includes our body, our emotions, and our thoughts. Learning how to be mindful will reduce anxiety and stress, will improve focus, enjoyment, resilience and peace of mind.

“

The primary cause of unhappiness is never the situation, but your thoughts about it.

- ECKHART TOLLE

## mindful body

Whatever you are doing, gently bring your attention to your physical sensations

- ✓ Focus on any tensions in your body, then release them either by movement or just the focus of your mind
- ✓ Slow down when you are doing any type of exercise to remind yourself to breathe and focus on what you are doing and why
- ✓ When you are sitting or walking, be aware of how you are feeling, notice and appreciate your surroundings
- ✓ Practice simple breathing techniques to connect to your body and centre yourself
- ✓ Slow down and focus your attention and appreciation on the food and beverages you consume throughout the day - nourishing ourselves is one of the most pleasurable experiences we engage in daily

## mindful emotions

Emotions can be demanding and make us lose focus. Being aware of our feelings and reactions to situations and events will help with mindfulness

- ✓ Diffuse the intensity of negative emotions - and achieve calmness by giving them relaxed attention and by being an impartial witness to your own experience
- ✓ When worrisome, remember that it serves no useful purpose to worry about something that has not happened yet and is out of your control
- ✓ Positive repetition - tell yourself positive things repeatedly, pick one positive phrase or word to help
- ✓ During conversation - make eye contact, listen without judgment, and be thoughtful in your responses and reactions
- ✓ Patience is a vital part of mindfulness, it is allowing and accepting that sometimes things happen in their own time
- ✓ Be kind to yourself and others - any act of kindness will have a positive impact on your emotions

## mindful thoughts

Awareness in the present moment means focusing on the 'now' and not comparing the present moment with the past. Focus your attention on where you are and what you are doing

- ✓ Be aware and accepting of your thoughts by directing attention to what is going on in your mind at any moment
- ✓ Determine your intention in any situation and be clear about the outcome you want - chose what you will pay attention to and think about
- ✓ Quiet reflection and medication will help with focus, reduce stress and help achieve your intentions
- ✓ Focusing on an object, such as a photograph or something in nature, can help bring you into the moment - when your mind wanders, bring it back to your object of focus until you feel centred and more calm

Start your day by noticing your thoughts and emotions, take a deep breathe and ask yourself what you need to have the best day. When having breakfast or driving to work, instead of letting your mind wander to the past or future, focus on the present moment - what you see, smell and hear. When you find your mind wandering, bring it back to the moment.

At the end of each day, be present with the fact that the day is done, allowing yourself to relax and get the rest your body and mind need. Mindfulness is the acceptance of the present moment. Wherever you are, be there totally - the perfect moment is this one.

Your Benefits. Your Way.®

MYJRP.CA | 1 855 937 3577