

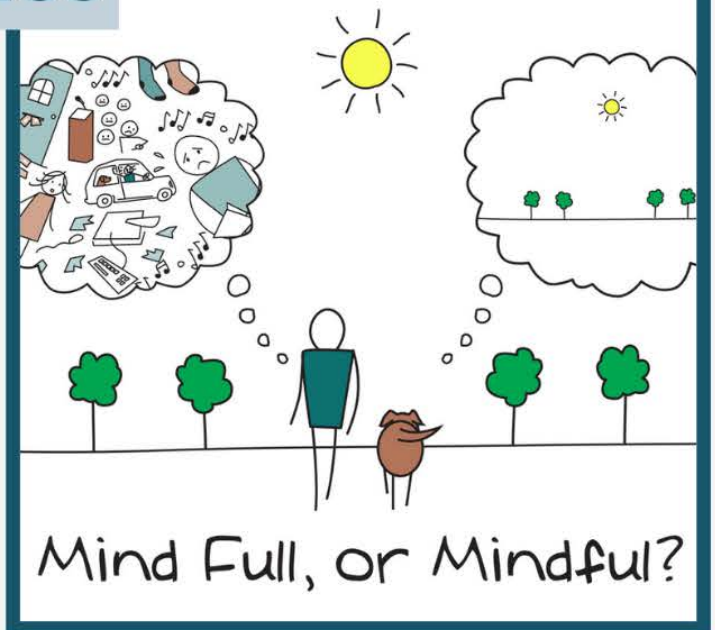
BEHAVIORAL HEALTH ADVOCATE WELLNESS SHORT

Topic of the Month:

MINDFULNESS

WHAT IS MINDFULNESS

Mindfulness is the basic human ability of being fully present, aware of where we are and what we are doing without judgement. When practicing mindfulness, we are taking mental notes of what we feel and sense in that moment. There are 7 Attitudes of mindfulness that we should consider when starting our practice.



7 KEY ATTITUDES OF MINDFULNESS

1 NON-JUDGING

Witness your experience without judging. This may take some time. Start out by working to become aware of your reactions and your judgements of self.

2 PATIENCE

Patience is a form of wisdom that demonstrates that we accept that things happen in their own time, and allow it to be.

3 BEGINNER'S MIND

Remain open and curious to new possibilities.

4 TRUST

Know it is okay to make mistakes and develop a sense of trust for yourself.

5 NON-STRIVING

Just be with yourself without trying to change anything.

6 ACCEPTANCE

See things as they are.

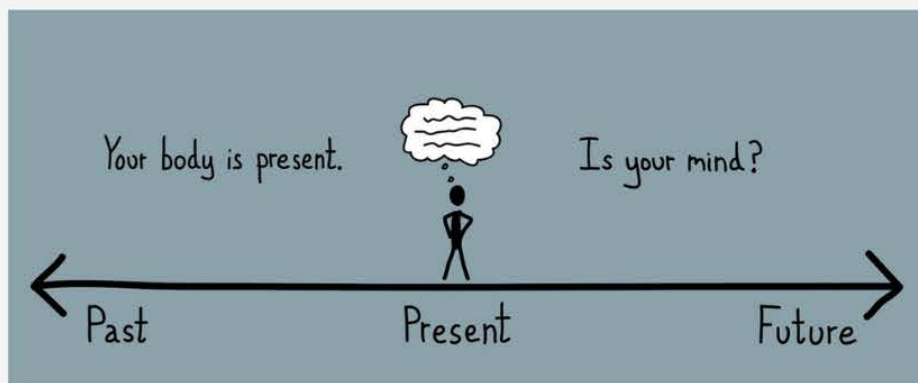
7 LETTING GO

Let your experience be what it is.

The goal of mindfulness is to wake up the inner workings of our mental, emotional, and physical state, while increasing the **self-acceptance and balance** in our lives.



This practice usually involves **breathing exercises, guided imagery, and other formal practices**. However, mindfulness is also practical, because we can practice it **informally through our engagement in everyday tasks like eating, walking, or making our beds**.



"Mindfulness is when you are truly there, mind and body together."

DID YOU KNOW...

WE CAN PRACTICE MINDFULNESS AT WORK?

In fact, practicing mindfulness throughout our work day can:

- Enhance our creativity
- Reduce mistakes
- Increase effectiveness & productivity
- Reduce stress



QUICK TIP:

Active listening is a mindfulness practice that also enhances communication skills. Check out the three steps on how to practice mindfulness below.

- 1 Give the person your full attention when they are speaking without interruptions.
- 2 Use non-verbal listening skills (nod, smile, maintain eye contact) throughout the interaction.
- 3 Communicate verbally to the individual what you heard them say before providing your opinion or ideas on the situation.

Two skills define a mindful mind:
focus and
awareness.

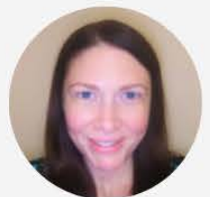
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