

ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

June 2018



Mindfulness: A way to be in the moment

Mindfulness means paying attention – on purpose – to whatever is happening in the present moment. It’s about keeping an open, curious mind.

Mindfulness does not mean mentally checking out or being unresponsive.

Paying attention is the key

To bring awareness to a moment, just stop to note your breathing, feelings, surroundings, thoughts, and sensations.

There are many benefits to being mindful – and some of them might surprise you. You may find that mindfulness can help you:

- Lower your stress
- Set work priorities
- Communicate more skillfully
- Solve problems more easily
- Manage distractions
- See things clearly
- Connect better with people
- Be more resilient

Bathe in mindfulness

Not sure how to get started? One way is during the morning shower, when you are usually thinking about the day ahead of you. Pay attention to the experience: the smell of the shampoo, the feeling of the water as it hits your shoulders, and the touch of your fingers on your scalp. You will enjoy your shower more and take in an everyday moment!



Upcoming events

Wellness Webinar Series

“Mind Your Stress”

June 12, 2018

10:00 am, 12:30 pm and 4:30 pm ET

<http://go.activehealth.com/wellness-webinars>

Make mindfulness part of your day



It's not what you're doing, it's how you're doing it. Here are some tips to bring mindfulness into your daily activities.

1. **Pause and breathe** before reacting.
2. **Block off time** to work without distraction
3. **Schedule time** to respond to emails thoughtfully.
4. **Do one thing** at a time instead of multitasking
5. **Get moving.** Stretch and walk around. Hit the gym, or grab your yoga mat.
6. **Be kind to yourself.** Notice when you're judging yourself too harshly and reframe things.
7. **Listen at meetings.** Notice when you stop listening and start preparing to speak.
8. **Just drive.** Turn off the radio. And if you come across traffic or rude drivers, take a breath and let it go.
9. **Enjoy a lunch break.** Unplug and pay attention to everything about the food you're eating.



Coach's corner

Meet Rolanda, Health Coach for ActiveHealth. Rolanda's mission is to help people make choices toward healthier lifestyles by inspiring them to develop healthy habits. Connecting with individuals, helping them find their own inner strength and witnessing their success is what keeps her fully charged.



Rolanda's "mindful" tips:

Do you find yourself struggling with worry or anxiety? Take a minute and imagine your mind as a blue sky and your worry thoughts as clouds. Now imagine those worry thoughts floating across your mind's sky, almost the same as you would watch clouds float across the sky. Do not judge or resist your thoughts. Just let them pass by as you watch.



Check out the new MyActiveHealth

MyActiveHealth is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more!

Sign up or visit myactivehealth.com today!



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.
© 2018 ActiveHealth Management, Inc. All Rights Reserved.