



Participant Guide

Mindfulness: Time to Practice (30 Min)

Overview

Mindfulness is intentionally observing our thoughts, feelings, body sensations in the present, non-judgmentally. This seminar is primarily an experiential training where you will have an opportunity to try different mindfulness techniques.

With practice, mindfulness can help us get out of autopilot and be more in the moment. Over time, you will feel more focused and calmer. Mindful self-awareness can help us gain perspective, listen better, and step back to consider decisions more clearly and intentionally, rather than reactively.

Seminar Length: 30 minutes



Program Overview

- Clarify what mindfulness is
- Practice mindful breathing and a mindful body scan
- Identify how to practice mindfulness in everyday activities


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Real help, real experts, real fast.

“What lies behind us and what lies before us are small compared to what lies within us.”

- *Ralph Waldo Emerson*

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Definition

What is Mindfulness?

- Mindfulness is the awareness that arises as we pay attention, acknowledging what is here in this moment, without judgment.
- Mindfulness can be brought to any moment or situation.

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Mindful Breathing Practice

Rest your attention on the breath just as it is, moving in and out of the body.



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Mindful Breathing Reflection

What did you notice - mentally, emotionally, physically - during this practice?



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“The body says what words cannot”

- Martha Graham

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Body

Mindfulness of the Body

- Helps you learn what your body needs and doesn't need to thrive
- Brings awareness to whatever you're feeling in the moment
- Listen to the wisdom of the body; it will show you where physical tension, thoughts, and emotions lie

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Body Scan Practice

- Being aware of sensations in the body as you shift your attention to different parts of the body.
- You may feel warmth, tingling, pulsation, coolness, tightness, softness, or nothing in particular.
- Sensations can be pleasant, unpleasant, or neutral.

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Confidential Life Balance Solutions at No Cost To You

Counseling

Set # of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict issues
- Substance use
- Grief

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution

Legal Resource Center

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Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

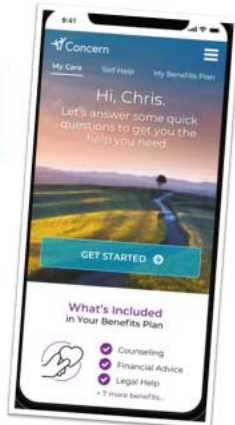
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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Concern's Digital Platform

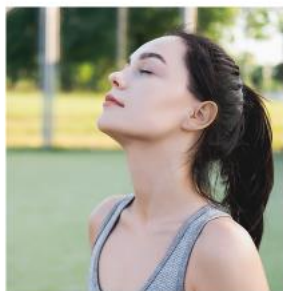
Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard.

It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



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Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It Can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.

Thank you!
Questions? Comments?



Please complete the Survey Monkey

<https://www.surveymonkey.com/r/3VHDNPS>

