



Stay in the present to better your future

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Mindfulness matters

What's mindfulness?

Mindfulness means paying attention to whatever is happening in the present moment — the here and now. It's taking a breath to experience what's happening within and around you. And taking it all in with an open and curious mind.

Sometimes that means noticing you are stressed, and that can feel uncomfortable in the moment. Stick with it — over time, mindfulness will help you feel at ease and make you more effective at work and at home.

How will it help me?

Mindfulness helps to settle the mind so you can make better decisions about what to do. That means you'll get more done, and your day will feel less hectic. It's pretty amazing — it can also help you:

- Lower your stress
- Manage distractions
- Set work priorities
- Communicate with clarity
- Solve problems more easily

Okay, so how do I do it?

Ten minutes of mindfulness practice a day has been shown to be very helpful. To start, try practicing ten minutes a day for three to five days a week, and adjust as you get more familiar with it.

One common practice is to close your eyes and pay attention to the sensations of breathing. When you get distracted away from the breath, simply notice that your attention has wandered. Then gently bring your awareness back to the breath. Try this for five to ten minutes, and see what you notice.

What if I'm too busy?

It's easy to bring mindfulness into daily activities:

- Pause and breathe before reacting.
- Listen at meetings. Notice when you stop listening and then prepare to speak.
- Be kind to yourself. Note when you're judging yourself too harshly, and reframe things.
- Get moving. Stretch and walk around. Hit the gym or grab your yoga mat.
- Take a few minutes to focus on just one task, instead of multitasking.



Practicing mindfulness is good for your body, mind and spirit. Make the time for it and experience the benefits for yourself. Find out more at [aetna.com](https://www.aetna.com).

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