



## Mindfulness Helps Boost Mental Health

No one can avoid stress—especially during the holidays—and a certain amount is actually good for you. But it's best to keep unhealthy levels in check. One way for children and adults to develop self-awareness and the ability to cope with and navigate feelings of stress is through the practice of mindfulness. Mindfulness is a process of active, open, nonjudgmental awareness. It is paying attention in the present moment with openness, curiosity and flexibility. It reduces stress, depression, and anxiety and can help increase your sense of wellbeing and happiness.

### The 5 R's of Mindfulness

- 1. Recognize.** Be aware of yourself. Recognize your thoughts and your own internal dialogue and when you're caught up in negative, fear-based thinking. Practice noticing your mental state.
- 2. Relax.** Explore ways to slow down, connect with your breath and relax your mind and body.
- 3. Review.** Gently review your options and ways that you might respond to a difficult situation. Ask yourself, "What can I control? What can I change (and not change)? Do I have a choice?"
- 4. Respond.** Practice responding from your deepest, wisest self while letting go of fear and worry about the past or future outcomes.
- 5. Return.** Check in with yourself and bring yourself back to mindfulness and an awareness of the present moment with openness and curiosity.

### Helpful Links

- Guided Mindfulness Meditation
- 8 Mindfulness Tips for the Holidays

Source: Karen Pace, Michigan State University Extension



### Reach out if you need help.

If you're struggling with feeling sad, depressed, or anxious, you may need more help. The EAP includes a variety of free counseling resources:

- **Confidential Counseling:** Face-to-face, phone or video sessions.
- **TESS AI Chatbot:** 24/7 chatbot for emotional support and check-ins to boost wellness. Text "Hi" to +1 650-825-9634 to get started.
- **Online Peer Support Groups:** Online support groups for addiction, depression, bipolar, parenting, LGBTQ+ and anxiety.
- **24/7 Crisis Help:** Toll-free access for you or a family member experiencing a crisis.

### Online Wellbeing Resources

Go to [ibhsolutions.com/members](https://ibhsolutions.com/members) to access free online mindfulness and wellbeing resources including webinars, articles, self-directed courses, daily meditations, yoga classes and more.

### Contact the EAP

WEB: [ibhsolutions.com/members](https://ibhsolutions.com/members)  
CALL: 866-750-1327