

Brief Mindfulness Exercises

Take little moments throughout the day to practice mindfulness.

Just sit quietly with your eyes closed.

Simply take a moment to contemplate and reflect.

Pause before you speak and act.

Pause to consider what you are going to say before speaking. Take a two- or three-ring pause before picking up the phone to think about your intention.



Be right here, right now.

Try not to dwell in the past or think about the future.

Practice mindful stretching.

Slowly stretch each part of your body. Be aware of your breathing as you stretch.



For additional support

Call: 888-319-7819

URL: metliffeap.lifeworks.com

User ID: metliffeap

Password: eap