

MINDFUL MOMENTS

IN THIS ISSUE:

We explore ways to incorporate mindfulness into our everyday lives, and details about the Mindful Moments program.

Let's dive in!



Living Mindfully

Mindfulness is the practice of bringing one's attention to the present moment with non-judgmental awareness. It allows us to fully engage in the here and now, promoting a sense of calm, clarity, and focus.

Mindfulness Daily

Incorporating mindfulness into our everyday routines can be simple yet transformative.

Breath Awareness: Take a few moments each day to focus on your breath. Feel the inhales and exhales, and let go of any thoughts or distractions.

Mindful Eating: Slow down during meal times and pay attention to the taste, texture, and aroma of your food. Savor each bite and appreciate the nourishment it provides.

Gratitude Practice: Start or end each day by reflecting on three things you are grateful for. Cultivating gratitude can shift your mindset towards positivity and contentment.

Mindfulness at Work

Bringing mindfulness to the workplace can have a profound impact on our productivity, creativity, and overall well-being.

Single-Tasking: Focus on one task at a time, fully dedicating your attention to it. This boosts productivity and reduces mental clutter.

Mindful Breaks: Take short breaks throughout the day to stretch, breathe deeply, or simply close your eyes and find stillness. This allows you to recharge and refocus.

Mindful Meetings: Before meetings, take a moment to center yourself and set an intention for the conversation. Be fully present, actively listen, and respond mindfully.



MINDFULNESS AT YOUR FINGERTIPS

With the help of YouTube and mobile apps, we can easily incorporate mindfulness into our daily lives. It's like having a personal meditation coach on the go! These apps and channels offer a wide range of meditation styles and durations to suit your preferences.

Healthy Lifestyles (YouTube) provides guided meditations with over 30 topics to choose from, mini Mindful Moments, recorded workshops and so much more!



Headspace* (YouTube & App) offers a wide range of guided meditation sessions, making it perfect for beginners. Whether I want to reduce stress, improve focus, or even get a better night's sleep, Headspace has got you covered.



Insight Timer* (YouTube & App) offers a diverse range of guided meditations from teachers all over the world. You can find something for every mood or intention. Some of my favorites are Tara Brach, Sarah Blondin, and The Honest Guys.



Calm* (YouTube & App) offers guided meditation sessions, and also sleep stories and relaxing music. With a beautiful interface and a variety of meditation options, it's my go-to app when I need some relaxation.



*The apps offer free content, but they often have additional premium features or paid subscriptions if you choose to deepen your practice further.



Mindful Moments: Healthy Lifestyles' Mindfulness Program

Mindful Moments has been offering mindfulness to SLCo employees for over a decade, and we are rolling out some new and exciting offerings! The program features a range of activities, workshops, and resources to help us cultivate mindfulness and foster a supportive and mindful workplace culture.



Mindful Moments 101

Healthy Lifestyles' Mindfulness Program

[Sign up for our Live Monthly Mindful Moment](#)

We hope this Health Hub has inspired you to embark on a journey of mindfulness by embracing the Mindful Moments program and incorporating mindfulness into your daily routines. Remember, every moment presents us with an opportunity to be fully present and live mindfully.