

# Mindfulness

Release the Stress

Presented by your  
Employee Assistance Program (EAP)



# Seminar goals

- Gain an understanding of what mindfulness is and how it's practiced
- Discover how it can impact well-being and reduce stress levels
- Explore mindfulness techniques
- Learn how you can use mindfulness in your daily life
- Know the benefits of your Employee Assistance Program (EAP)

# What is mindfulness?

“Paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment to moment.”

– Jon Kabat-Zinn



(Walden University, n.d.)



# Mindfulness Practice

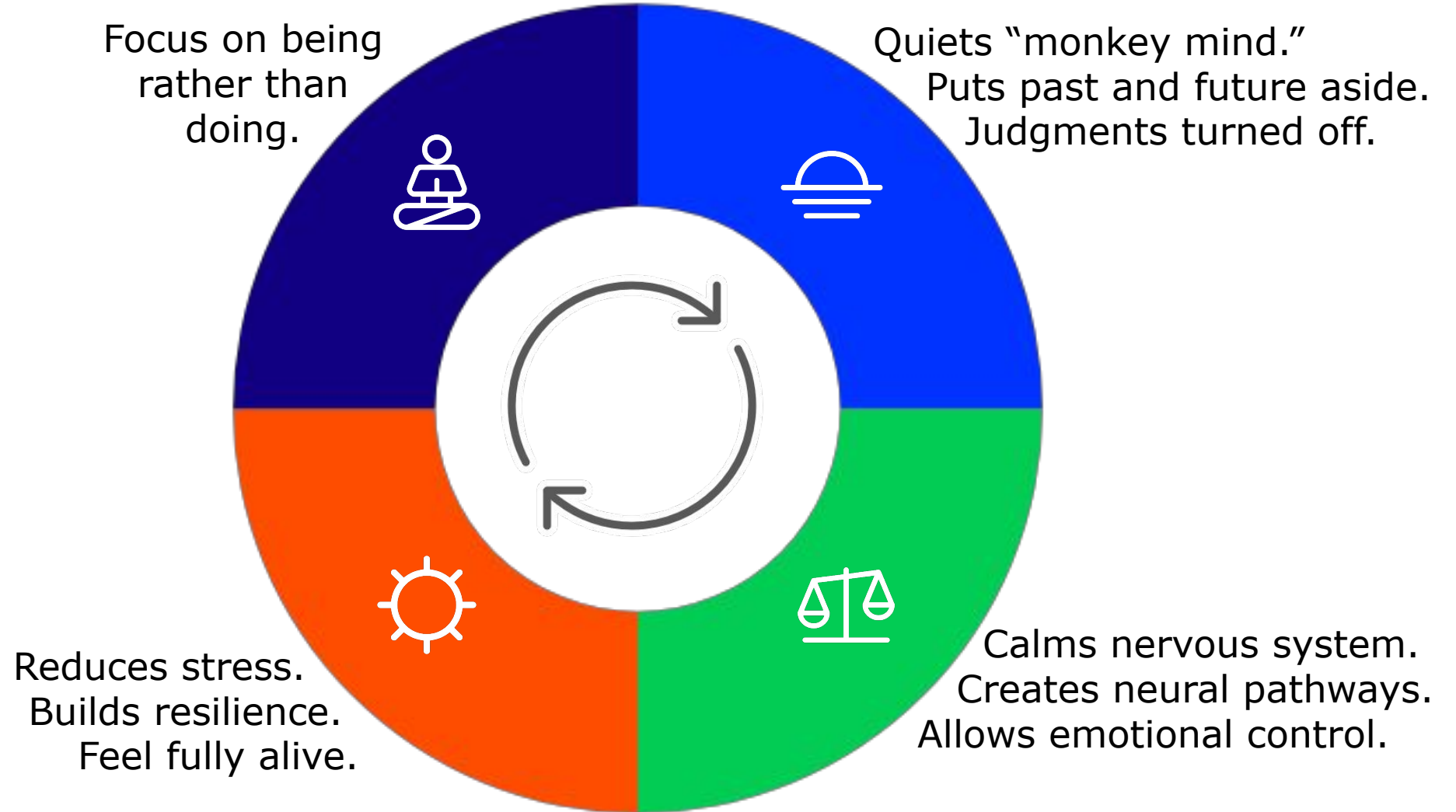
Breathing and breathwork

## Reminders

- Breath is an anchor point
- Deep breaths add oxygen
- Can use anywhere to de-stress



# How does it work?



(Koncz, Demtrovics, & Takacs, 2020; Cognitive Neuroscience Society, 2024; Langshur & Klemp, 2021)

# Mindfulness Practice

Being present and paying attention

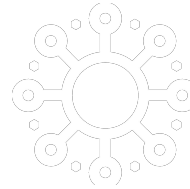
## Reminders

- Focus on body and breath
- Don't feed or fight thoughts
- Allow, accept, redirect

# Mindful moves



- Turn neutrals into positives
- Practice observing vs. judging
- Name your emotions
- Imagine yourself as your own friend



# Where to go from here?



- Take “baby steps”
- Build up to regular practice
- Stick with it
- Learn more
- Track how you feel





# Benefits of the EAP

- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Home life support such as elder care, child care and pet care
- Convenience services
- Financial services
- Legal services

**Benefits vary by employer. Please check with your HR for your specific EAP benefits.**

# References

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# Thank you



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