



# RELEASE, REFRESH, REFOCUS

Mindfulness meditation

Presented by your  
Employee Assistance Program

Together, all the way.®



# SEMINAR GOALS



- Understand what mindfulness is and how it can reduce tension
- Explore several mindfulness techniques
- Learn how you can use mindfulness in your daily life
- Review the benefits of your Employee Assistance Program (EAP)

# YOUR BODY ON STRESS



- Provokes “fight/flight” response
- Sustained tension impacts body
- Lose sight of connection



# THE RELAXATION RESPONSE



- Is the opposite of “fight/flight”
- Cues release of calming chemicals
- Has positive impact on mind and body
- Can be learned on your own



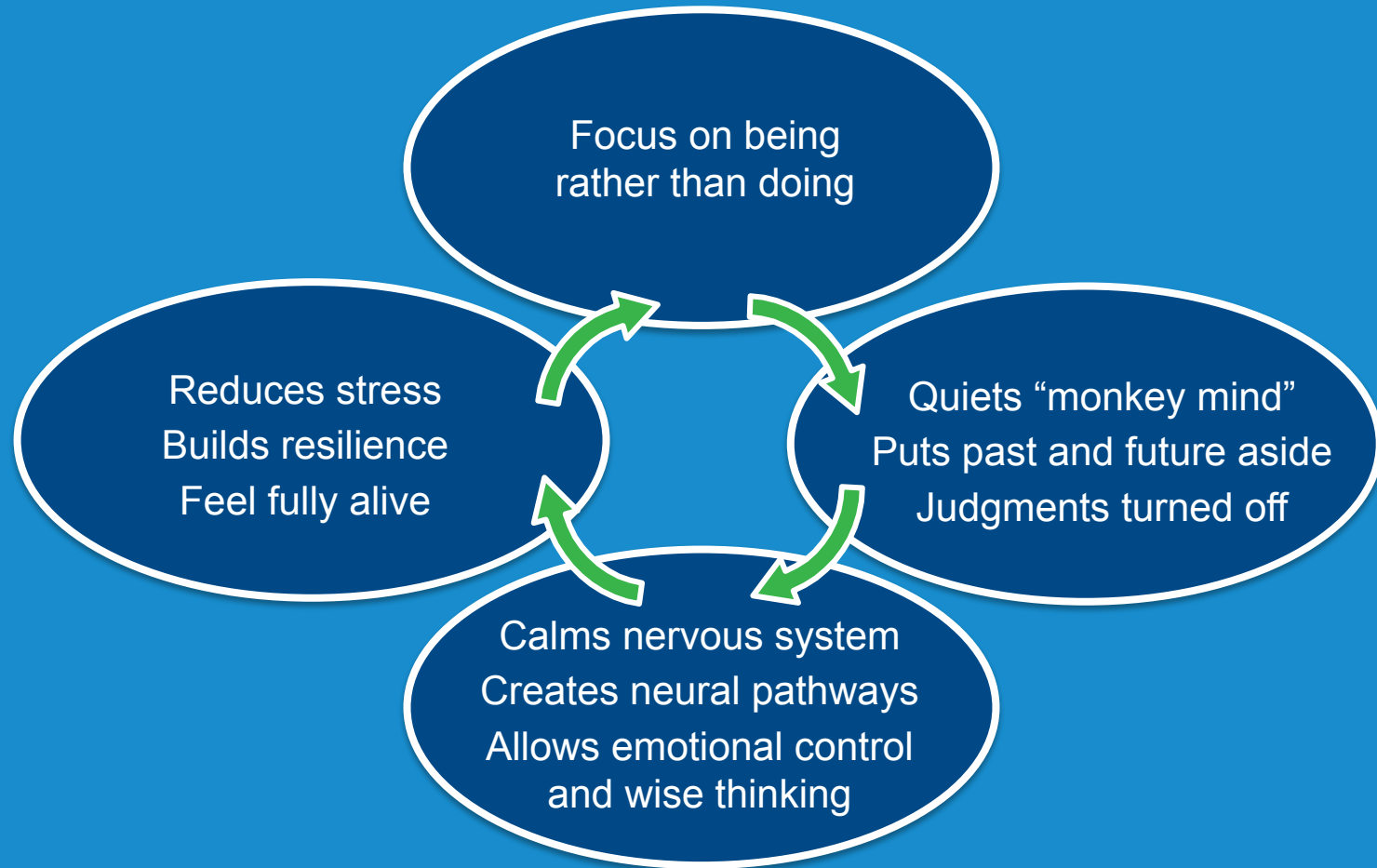


# PRACTICE

Being in the present



# HOW DOES IT WORK?





# PRACTICE

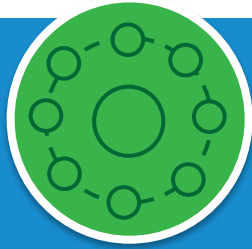
Tension-releasing body scan

# SPEAKER'S NOTES ONLY





# EVERYDAY MINDFUL MOVES



- Notice what's right with your world
- Practice observing without judging
- Imagine yourself as your own friend
- Make being present a habit



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

# BENEFITS OF THE EAP

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



# REFERENCES

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