



What is Mindfulness?

Mindfulness is about being engaged in the present moment. It's a state in which we are not thinking, reflecting, judging or deciding; we simply are experiencing what is before us. Mindfulness is one of the most effective ways to respond to personal stress because it forces us to focus on the here and now rather than on worries about the future or regrets about the past.

Benefits of Mindfulness

It can be difficult to get your mind to slow down, but focusing on the now can help improve your physical, social and mental health. Practicing mindfulness can result in:

- Improved organizational skills
- A sense of calmness, relaxation and self-acceptance
- An increase in self-esteem
- A better quality of sleep

Participant Comments

- "I learned some great techniques to help me relieve stress throughout the day!"
- "I felt more relaxed afterwards."
- "Great techniques for de-stressing."

Sign Up Now!

Join a live weekly 10-minute guided practice led by ComPsych® certified Health and Well-Being coaches, to help you:

- Calm the mind
- Reduce stress
- Boost energy
- Increase focus

Tuesdays: 3:15 - 3:25 p.m. Eastern

[Add to calendar](#)

Wednesdays: 12:15 - 12:25 p.m. Eastern

[Add to calendar](#)

Here when you need us.

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