

# DECEMBER

**Did you know... December is Mindfulness Awareness Month?**

## Mindfulness Awareness Month

- **What is Mindfulness?:** Mindfulness is the practice of being keenly aware of what you are sensing and feeling in the moment. The goal is to acknowledge your present thoughts and feelings without casting any judgment or worrying about the past or future. Engaging in mindfulness involves different types of meditation, including specific breathing methods, guided imagery, and other meditation practices which relax the body and mind.

The holiday season can be stressful and overwhelming! Hence, as we navigate through this holiday season, it is important to remain vigilant in reducing potential stress and anxiety. If you spend too much time doing things like planning, problem solving, or daydreaming, you may be more likely to experience negative thoughts or feelings. Mindfulness can help!

- **Benefits of Mindfulness and Meditation:** According to the Mayo Clinic, the benefits of meditation have been studied in multiple clinical trials. The results show that practicing mindfulness through meditation can improve:
  - Stress, anxiety and depression
  - Pain
  - Hypertension
- **Mindfulness Exercises:** There are many ways to engage in and practice mindfulness. Examples include:
  - **Accepting yourself:** Treat yourself the way you would treat your best friend.
  - **Living in the moment:** Be present and find joy in simple pleasures. Accept and pay attention only to what you are currently doing.
  - **Focused breathing:** Sit down and focus on your breathing as you inhale and exhale for at least a minute.

## Feeling overwhelmed by the holiday season stress?

Springpoint's Employee Assistance Program (EAP), provided by Aetna Resources for Living, is here to help! Resources for living offers confidential support to help you manage:

- personal balance
- stress
- emotional wellness
- family issues
- financial concerns
- and more!

You and your household members are entitled to seven free face-to-face or telephone counseling sessions per year with a trained, credentialed counselor.

Ready to get started? Contact Resources for Living at **1.866.252.4468** or visit **[www.resourcesforliving.com](http://www.resourcesforliving.com)**.

### Login with the below information:

- Username: **springpoint**
- Password: **eap**

