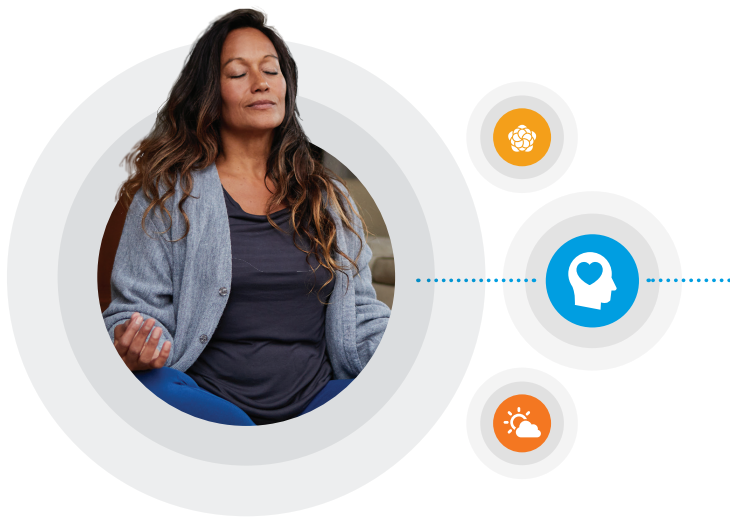




**Juggling personal, family and work responsibilities. Financial pressures. Information overload.** Life is stressful and it's easy to get distracted, lose focus and feel overwhelmed. Your work, relationships and health can all suffer. Using simple mindfulness techniques that you can use anytime offers a convenient way to focus on the present moment, slow down your body and mind to help you better cope with everyday stress and feel more in control of your life.



- **Find a quiet place to sit for 5 minutes or so,** and gently close your eyes if you want.
- **Relax your stomach, shoulders and jaw** and begin to focus on your breath flowing in and out.
- **Don't force it.** If your mind wanders from your breath, bring it back by saying to yourself "I breathe in and I'm calm," and on the exhale say, "I breathe out and I let go."
- **If intrusive thoughts arise,** observe them like clouds drifting by without judgment, and return your attention to your breathing.

**Remember,** Health Advocate's Licensed Professional Counselors offer confidential help and coping techniques to help you identify and address your stressors, so you can feel more calm and in control. **Health Advocate is available at no cost and is completely confidential. In a crisis, help is available 24/7.**

**HealthAdvocate<sup>SM</sup>**