Resources For Living EAP
Mindfulness and Self Care
YOU CAN'T POUR FROM AN EMPTY CUP. TAKE CARE OF YOURSELF FIRST.
Senses exercise

Look around you. Identify + name:

5 things you see
4 things you feel
3 things you hear
2 things you smell
1 thing you taste

Did you notice something you hadn’t noticed before?
How are you feeling?
What are you thinking in this very moment?
Train of Thought

Imagine sitting on a hill looking at a train going by.
Each thought is a train car.
Did you jump onto the train and get stuck on one car/thought? Goal is to stay on the hill and let the train go by.
Mindful Pause

When you notice a negative thought or a judgement…

“Oh, interesting, this is what I am thinking right now.”
Breathe

Take a breath
Put one hand on your chest, one hand on your belly
Take another breath
Which hand moved more?
Take another breath, but this time try to make your belly hand move more

Ok, now let’s try something…
Breathe in through your nose and out through you mouth
Take another breath

Now, let’s try to make our exhale longer than our inhale…
Breathe in one, two
Breathe out one, two
Breathe in one, two
Breathe out one, two, three
Breathe in one, two
Breathe out one, two, three, four…
Breathing Practice

In 2, Out 2
In 2, Out 2, 3
In 2, Out 2, 3, 4
In 2, Out 2, 3, 4, 5
In 2, Out 2, 3, 4, 5, 6
In 2, Out 2, 3, 4, 5, 6
In 2, Out 2, 3, 4, 5, 6
In 2, Out 2, 3, 4, 5, 6
In 2, Out 2, 3, 4, 5, 6
In 2, Out 2, 3, 4, 5, 6
Mindful Walking

Formal practice
5-8 min
Walk in a straight line for 6-10 feet
No goal, you are not trying to get anywhere
Slower pace
Notice your balance, shifting, lifting of the legs
Can take big steps or small steps or mix it up
If you get distracted, notice it and continue on
Mindful Walking

How was the mindful walking?
How can you mindfully walk in your daily life?
How can you apply this to your activities/sports/hobbies?

Formal or informal
• Purposeful mindful walk or
• Incorporate into your life walking to the mailbox or walking a dog
Mindful Walking ZoomIn/ZoomOut

5-8 min
Walk in a straight line for 6-10 feet
No goal, you are not trying to get anywhere
Slower pace
Use your cameras to zoom in, take a picture of something you hadn’t noticed before
Use your camera to zoom out, take in the bigger picture of where you are,
What do you notice?

Try to find something that doesn’t belong.
Take a picture of it.
How are YOU going to practice?

Who?  Alone or with someone?
What?  Which practices work best for you?  What were successes?  What were your barriers?
Where?  At home, at work, in bed?
When?  Morning or night, or many times/day?
How?  Are you going to turn off electronics?  Close your eyes?  How long?
Why?  What are your intentions?  What are the rewards?

The more you practice, the more reward.
How to Access Services

- Services are available 24 hours a day, 7 days a week

- Call the toll-free number: 866-522-8509/ TTY 711

- Access web resources through your member website
  - resourcesforliving.com:
    Username: GW-Wellbeing
    Password: Yourlife
  - myStrength access
    Initial – sign up with access code: GW-Wellbeing
    Ongoing – log in with personal access information

- Mobile app “Resources for Living”; myStrength

All calls are confidential, except as required by law (i.e., when a person’s emotional condition is a threat to himself/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse). Information is believed to be accurate as of the production date; however, it is subject to change.