



June 2016, Issue 20



Why Practice Mindfulness?

Mindfulness, an awareness of the present moment, can help you in many areas of your life. When you are aware of your experiences on a moment-by-moment basis, you can direct your focus away from negative thoughts like worry and self-doubt and be 'present' in a calmer way.

Many people use the broad term **mindfulness** to refer to specific practices that experts call "**mindfulness meditation**" or **mindfulness-based stress reduction** (MBSR), a formal technique developed by Dr. John Kabat-Zinn, <http://www.umassmed.edu/cfm/about-us/people/2-meet-our-faculty/kabat-zinn-profile/>.

Any type of **mindfulness** that you practice may improve your well-being. Research has found that it has helped people to manage physical and mental health concerns that range from diabetes to anxiety and depression. Additionally, studies show that **mindfulness** can help you to sleep better, improve your emotional well-being (by managing stress better) and even help ease chronic pain.

One study out of Harvard Medical School, published in the Journal of Psychiatric Research, <http://www.health.harvard.edu/mind-and-mood/mindfulness-meditation-practice-changes-the-brain> found that participants in **mindfulness** programs showed changes in the amygdala, a part of the brain that affects fear, stress, and anxiety, which correlates with lower stress levels.

Even five minutes of practicing **mindfulness** may help you reap some of the benefits. The more you practice mindfulness, the more you gain from it. Experts recommend that you practice it for at least 15 to 20 minutes a day. Benefits begin after about 8 weeks of regular practice. It will be a worthwhile investment in your overall health.

The Office of Employee Assistance is providing a series of **Mindfulness Workshops** this summer as part of the Worlds of Wellness program. Please check the FIU Professional Development website for upcoming workshops and register. You will be glad you took this first step in equipping yourself with new daily life management skills.



Learn more about OEA and what services we offer on page 3.



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BRIEF MINDFULNESS EXERCISES

Take little moments throughout the day to practice mindfulness.

Just sit quietly with your eyes closed.

Simply take a moment to contemplate and reflect.



Pause before you speak and act.

Pause to consider what you are going to say before speaking. Take a two- or three-ring pause before picking up the phone to think about your intention.



Be fully present.

Deliberately give your full attention to whatever it is you are doing. When you're with family and friends, focus on being fully present with them. When you're at work, direct your focus and attention there.



Be right here, right now.

Try not to dwell in the past or think about the future.



Practice mindful stretching.

Slowly stretch each part of your body. Be aware of your breathing as you stretch.



Whatever it is you are doing, just do that.

If you're making a cup of tea, just make a cup of tea. If you're spending time with your child, just be with your child.



These tips were adapted from the LifeWorks podcast *Quick Stress Reducers*, featuring David Gelles, the author of *Mindful Work*.

Source: Ceridian HCM, Inc. ®



“We Can
Help”

As much as we'd like to separate our work life from our personal problems, it is often difficult to do so. Without even realizing it, we may find that our mind wanders, we may miss work -- or when we are there, we're not really all there. That is why FIU created the Office of Employee Assistance.

You will be able to consult with an experienced clinician who will listen to your concerns, discuss and explore your options, and then work with you to determine a plan of action. Call for a free and confidential consultation.

The TLC Brigade Food Bank assists FIU employees in times of financial stress and emergency.

Please donate to the food bank and lend a helping hand to your FIU neighbors by dropping off non-perishable food items at one of the locations throughout MMC and BBC.

For more information please click on the link below:

TLC Food Donation Flyer

<http://www.oea.fiu.edu/wp-content/uploads/2016/06/TLC-Brigade-Food-Bank-Donation-Request-Flyer-English1.pdf>

Thank you for supporting the TLC Brigade Food Bank and your FIU Community!



“Help is
Within
Reach”

Call (305)348-2469 or
Click on
www.oea.fiu.edu for
assistance and
resources.