

Be Mindful

Mindfulness practices can help you reduce stress and relax. All you have to do is become more aware – of your breath, your feet on the ground, your fingers typing, the people and voices around you. Here are some tips to get you started:

- **Take some slow, deep breaths.**
- **Enjoy a stroll.** Notice your breath and the sights and sounds around you.
- **Practice mindful eating.** Be aware of taste, textures, and flavors in each bite.
- **Find resources in your community,** such as yoga and meditation classes or mindfulness programs and books.



For more tips on how to relax and reduce stress in your life, contact your local Employee Assistance Program. Visit www.livingwell.utsystem.edu/eap.htm for details.

This benefit is available free of charge to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.