WEEK 2: MINDFULNESS

Learn how to enter a state of mindfulness.

No matter who you are, stress is most likely a part of your life. The key is learning how to identify it and manage it. Taking a break can reduce stress and make you more productive, too. One way to do this is through mindfulness. Mindfulness is a mental state of “attention to the present,” when you relax your thoughts and live in the moment.

Most mindful meditation is done seated. One way to practice it is through a mental “body scan.” To do this:

- Sit up straight in a chair with both feet on the floor and your hands on your thighs.
- Close your eyes.
- Pay attention to your breath as you inhale and exhale.
- Focus on your forehead, then the bridge of your nose, your cheeks, and so on down your body until you reach your toes.
- As you “travel” down your body, focus only on the sensations in one part of the body and let all other thoughts go.

Mindfulness has many benefits, including reducing stress, improving memory and focus, and boosting control over emotions. So take steps to relax with the Take a Break Challenge.

Adapted from: Anthem BlueCross