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Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.

An age-old practice of focusing on the moment, mindfulness isn’t just for yoga studios or meditation retreats. It’s beneficial at the workplace, too, empowering us to decrease distractions, elevate mood, and create higher-quality work. To help you stay mindful of the moment, consider the following:

 - **Avoid multitasking**. Don’t let your mind skip ahead. Stay with one task as long as possible.

 - **Prevent distractions.** Adjust phone and computer notifications to avoid interruptions.

 - **Let us help.** Call and speak to professionals who can provide counseling on any issue that’s interfering with your focus. Get referrals to local resources that can help support mindfulness. Log on to the website for articles and tips on topics related to mindfulness, such as focus, stress management, and emotional wellbeing.

**An ancient technique provides present-day benefits.**

**Mindfulness at Work**



TOLL-FREE:

**800-633-3353**

WEBSITE:

[**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

USERNAME:

**organization specific**

PASSWORD:

**guest**

**YOUR** EMPLOYEE **ASSISTANCE** PROGRAM

June

***Just call or log on to get started.***

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**