

# HealthMatters

NEWSLETTER  
NOVEMBER 2020

## HAPPY & HEALTHY | MINDFULNESS

Mindfulness can be used to reduce feelings of stress. Learning different ways to be more mindful can help you live a happier and healthier life.

**This month, we turn to mindfulness to renew your energy and increase your happiness. Research shows mindfulness can increase self-compassion and lead to a more positive attitude.**

As 2020 winds down, we can all agree it has been stressful year. The upcoming holiday season, like those before, can be a time of great joy and stress. This year, stress may come from finding new ways to celebrate, making difficult decisions about traveling, or the possibility of spending the holidays alone.

Start using mindfulness now to help combat stress over the holidays. Mindfulness means paying attention without judgement. Mindfulness changes how you respond to stress, can help reduce stress, and can decrease negative effects from stress hormones. Being mindful gives you time to *respond thoughtfully* instead of *react emotionally*.

### To practice a mindfulness meditation:

- Sit quietly and comfortably. Close your eyes. Breathe deeply.
- Be present. Tune in to what you hear, smell, and physically feel.
- When thoughts come to your mind, notice them, then let them go.
- Keep returning to being present and letting thoughts float out of your mind.

**There are many types of mindfulness exercises. Experiment until you find one that works for you.**

- **24-Second Stress Buster.** Breathe in and count to 6, hold your breath and count to 6, breathe out and count to 6, be still and count to 6. Repeat as needed.
- **Progressive Muscle Relaxation.** Lie down and scan your body mentally from head to toe. With each part of your body, first notice how it feels. Then inhale as you tense the muscles in that area and exhale as you relax the muscles in that area.
- **Walking Meditation.** Walk slowly. Focus on the sensations of walking. Remain in-tune with your body and experience as you walk.

### References:

1. Biological Consciousness: Stress Management through Mindfulness and Body Awareness
2. A mindfulness training program based on brief practices (M-PBI) to reduce stress in the workplace: a randomized controlled pilot study.
3. Mindfulness-Based Stress Reduction in Advanced Nursing Practice. A Nonpharmacologic Approach to Health Promotion, Chronic Disease Management, and Symptom Control

**CareHere is here to support you.**

Discuss these and other stress management strategies with your certified health coach.  
Schedule an appointment by calling 877.423.1330, with the CareHere app or at CareHere.com.