



Finding focus

Your Employee Assistance Program (EAP) can teach you tips for being mindful at work

Being mindful means being more aware of your body, mind and feelings, right here and now. Mindfulness is used in yoga and for relaxation – and it can help you at work, too. When you're mindful, it's easier to stay on task, avoid distractions and focus on what needs to happen. Your Employee Assistance Program (EAP) can give you tips and resources to get started.

Log onto anthemEAP.com this month to read these feature articles:

- Mindfulness matters
- S.T.O.P.: a mindfulness exercise
- Practicing mindful communication
- Mindfulness: breath and body scan

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anthemEAP.com
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