



# Breathe

## Resilience and mindfulness: Solutions for modern-day stress

Life comes with a lot of demands. With work projects, to-do lists, dings, vibrations, emails and more, it's hard to take a break.

But there's good news. With a few simple steps and some healthy habits, you can reduce your stress and improve your well-being, even with all your modern-day stressors.

### Build resilience

Resilience is the ability to “bounce back” from negative events. When you're resilient, it's easier to manage life's demands. So how can you become more resilient?

- **Practice positive thinking.** Optimism can help you recover from stress. Tell yourself “I can” instead of “I can't.” And be sure to focus on solutions more than problems.
- **Take care of yourself.** Small healthy choices add up to a healthier life. And this can help you deal with problems when they arise. So move your body, eat well and get a good night's sleep.
- **Find support.** Being around supportive, positive people can help you become resilient. Just remember to ask for help when you need it. Or accept help when it's offered. After all, nobody can do it all.

### Get mindful

A lot of people are talking about mindfulness these days. But what exactly is mindfulness and how do you achieve it?

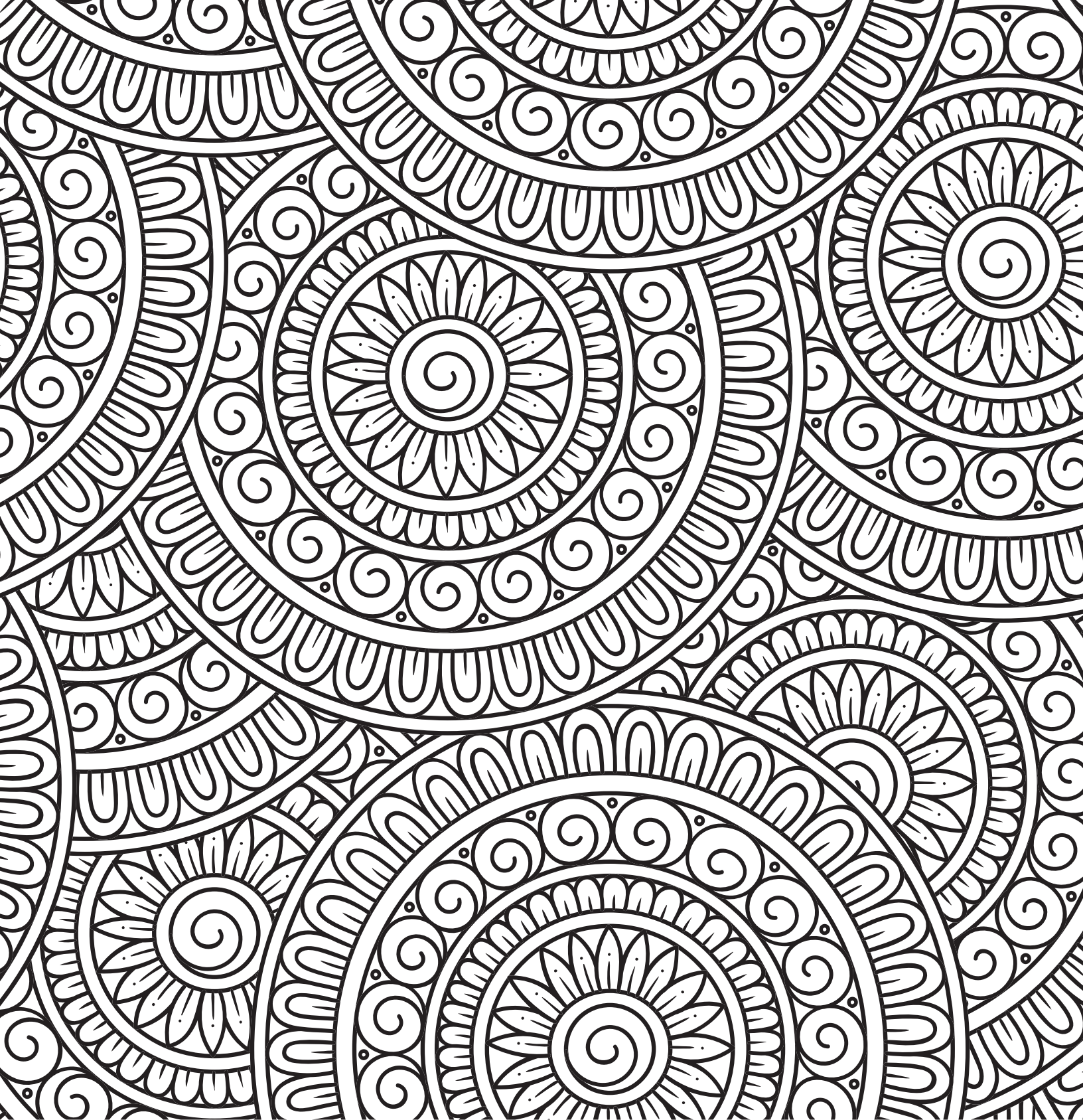
Being mindful has all kinds of benefits. It can improve your relationships, boost your mood, improve your health and make you more productive. So, where do you start?

- **Focus on your thinking.** Where does your mind want to go?
- **Notice your feelings.** How do you respond to situations?
- **Pay attention to your senses.** What do you see, hear, smell, taste or feel?
- **Listen to your body.** How does it feel?

Look for a mindfulness program or coach that fits your lifestyle. Check out local meditation classes or sign up for an online program or smartphone app like [headspace.com](https://www.headspace.com).

Did you know coloring can help you de-stress? Our back page is your canvas. Take a minute, relax and have fun.

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