

# HEALTHY HABITS

## BEING MINDFUL

Have you ever returned home from work and been unable to fully recount your day? You may have stepped into the house and thought to yourself: "Did I remember to punch out?" "Is everything back in my locker?" "Were all the lights green on my drive home?" Many of us struggle to be mindful throughout the day. Sometimes a lack of mindfulness can result in much more than being unable to recall events. Complacency while at work can be especially serious. A lack of mindfulness can result in accidents posing a serious risk to your health and safety.



### Mind·ful·ness

*noun*

1. The quality or state of being conscious or aware of something.
2. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

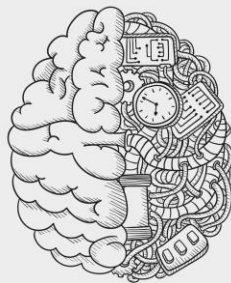
### Mindfulness and Meditation go Hand-in-Hand

Although it may seem impractical to meditate at work, meditation techniques can help you anywhere, anytime.

#### Meditating is as easy as 1-2-3

1. Be aware of your **body**
2. Be aware of your **breath**
3. Be aware of your **mind**

Mind Full,  
or Mindful?



Sources: [safetyproresources.com](http://safetyproresources.com), [mindful.org](http://mindful.org)

### Ways to Practice Mindfulness

#### Focus on the moment.

Control wandering thoughts and chatter in your head.

#### Heighten your senses.

Tune into the sensory experiences you encounter throughout the day. Pay attention to sight, sound, and touch.

#### Keep your stress levels in check.

Pay attention to heightened stress levels and tackle them accordingly.

#### Stay engaged with the task at hand.

Think about the process of a task and remind yourself of the end result you're working to achieve.

#### Breathe.

Pay attention to your breath throughout the day. Take your awareness back to your breath when you need to focus.