

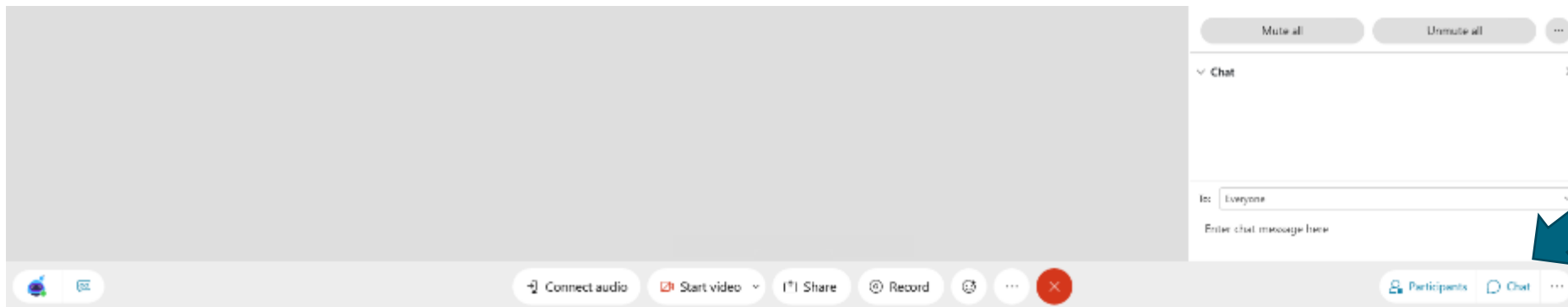


# Flexing Our Attention Muscle

Taught by the Healthy@Harris  
Employee Wellness Team

# Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



# Healthy@Harris Employee Wellness Team



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# Learning Objectives

- Understand the that our attention is limited and the impact on well-being
- Know the benefits of focusing our attention
- Become equipped with skills to build your attention muscle

# Activity

[https://youtu.be/IGQmdoK\\_ZfY](https://youtu.be/IGQmdoK_ZfY)

If we want to fully enjoy the good things in life, we have to notice them.

# The Role of Attention

Attention allows you to:

- Tune out things that are irrelevant and focus on the most important
- Focus on information to create memories
- Avoid distractions

# Types of Attention

- Selective Attention
- Sustained Attention or Concentration
- Alternating Attention
- Focused Attention
- Limited or Divided Attention





How many times have you checked your phone or email since the beginning of this workshop?

A) Zero!

B) At least once

# Impact on Social Well-being

**Distractions caused by smartphones are linked to:**

- Increased loneliness
- Feeling less connected to others
- Decreased enjoyment



# Building Our Attention Muscle

# Building Our Attention Muscles: Limit Distractions and Avoid Multi-tasking

- Hide your phone!
- Do not disturb
- Time chunk
- Schedule uninterrupted time to focus
- Eisenhower Matrix

# Eisenhower Matrix

## ① Do First

First focus on important tasks to be done the same day.

## ② Schedule

Important, but not-so-urgent stuff should be scheduled.

## ③ Delegate

What's urgent, but less important, delegate to others.

## ④ Don't Do

What's neither urgent nor important, don't do at all.

# Building our Attention: Live in the Moment

**Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.**

# Building our Attention: Mindfulness & Our Phones

Ask yourself:

- What for?
- Why now?
- What else?





# Activity: Meditation Practice

## 3-minute Body Scan

# Resources

## More Information on the Topic

- Podcast: Dial D for Distracted – The Happiness Lab with Dr. Laurie Santos
- [Digital Toxicity and Mindfulness](#)

## Apps to Practice Mindfulness:

- Relax Melodies
- Headspace
- Calm
- YouTube
- Cigna Happify

## Stress Management and Counseling

- Employee Assistance Program
  - Online: [www.feieap.com](http://www.feieap.com)
  - Username: hhs
- Cigna Behavioral Health
  - Visit [myCigna.com](http://myCigna.com) or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at 800.274.7603.
  - Go to [Cignabehavioral.com](http://Cignabehavioral.com) for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy 713-873-6407 or [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)
- Well Powered Living Class Series
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.

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