



**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

**HARRISHEALTH**  
SYSTEM

# Mindfulness

**Relax.Refresh.Renew**

Taught by Harris Health System Employee Wellness Team

# Learning Objectives

1. Define Mindfulness
2. Benefits of practicing Mindfulness
3. How to use the RAIN method to practice Mindfulness
4. Ways to implement Mindfulness everyday
5. Enjoy a Mindfulness experience

# What is Mindfulness?

***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.***

# Benefits of Mindfulness

- Find peace and clarity
- Manage stress
- Improve decision-making
- Allows self-exploration and reflection

# Rain (4-Step Mindfulness Practice)

- **R Recognize** that you have the emotion or feeling
- **A Allow** the emotion to be present, accept that it's there. No need to get into a fight with yourself over it. Don't think around it or why it is there
- **I Investigate.** Notice how the emotion manifests itself physically, emotionally and in your thoughts. (bodily sensations, thinking)
- **N Non-identify.** Notice that there is more to you than these thoughts, feelings or physical experiences. You might say, for instance, "This is not all of me."
- Practice

# Practice Mindfulness Everyday

1. As you awaken in the morning, bring your attention to your breathing. Instead of letting your mind spin off into yesterday or today, take mindful breaths. Focus on your breathing, and sense the effects of breathing throughout your body.



2. Instead of hurrying to your usual routine, slow down and enjoy something special about the morning: a flower that bloomed, the sound of birds, or the wind in the trees.

# Practice Mindfulness Everyday

3. On your way to work or school, pay attention to how you walk or drive or ride the transit. Take some deep breaths, relaxing throughout your body.



4. When stopped at a red light, pay attention to your breathing and enjoy the landscape around you.

# Practice Mindfulness Everyday

5. When you arrive at your new destination (work, school, etc.) take a few moments to orient yourself; breathe consciously and calmly, relax your body, then begin.
6. When sitting at your desk or keyboard, become aware of the subtle signs of physical tension and take a break to stretch or walk around.



# Practice Mindfulness Everyday

7. Use the repetitive events of the day - the ringing telephone, a knock on the door, walking down the hall - as cues for a mini-relaxation.



8. Walk mindfully to your car or bus. Can you see and appreciate something new in the environment? Can you enjoy walking without rushing?

# Practice Mindfulness Everyday

9. As you return home, consciously make the transition into your home environment. If possible, after greeting your family or housemates, give yourself a few minutes alone to ease the transition.

10. As you go to sleep, let go of today and tomorrow, and take some slow, mindful breaths.





# MINDFULNESS ACTIVITY

# 3 MINUTE BODY SCAN

# Resources

## Guided Meditation

- Apps
  - Relax Melodies
  - Headspace
  - Calm
- Websites
  - [Do Yoga with Me](#)
  - [UCLA Mindful Awareness Research Center](#)
    - English & Spanish

## Stress Management

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

# Contact Us!

**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

**713-566-6686**

[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

[Visit our internet website!](#)