

Practicing mindfulness

Getting in better touch with the present makes life more enjoyable.

- Just breathe! Practice focusing your attention on your breath as it flows in and out.
- Slow down and strive to fully take in the sights, sounds, scents and touch sensations of your environment.
- Let go of the past. Being present helps you realize that negative thoughts and worries are only temporary. They don't define you!

Call your Air Force EAP at 1-866-580-9078 (TTY 711) or visit www.AFPC.AF.MIL/EAP for helpful resources.

