



The Importance of Using Mindfulness to Build Resiliency

The American Psychological Association defines resilience as the “process of adapting well in the face of significant sources of stress”. Resiliency can be strengthened over time, and there is no better time than now to consider how we might increase our resiliency as a tool for success. One helpful practice that can work to decrease the stress we experience is mindfulness.

What is mindfulness?

Mindfulness is the basic human ability to be fully present rather than coasting by as if on autopilot. It means being aware of where we are and what we’re doing in this exact moment rather than being stuck in fast-forward or rewind mode. Mindfulness also relates to avoiding being overly reactive or sidetracked by the noise and chaos of what may be going on around us. It takes us to the present moment as it is. It lets our judgments roll by and takes us back to observing the present. Mindfulness practice focuses not on finding answers, rather on focusing our awareness.

How mindfulness helps build resilience:

- It helps diminish obsessive thoughts about what is happening around us
- It lowers anxiety about the unpredictable future
- It minimizes the fear of losing control
- It brings us back to where we are and what we are doing in the moment
- It allows us to be kind to our wandering minds
- It acknowledges and allows thoughts, feelings and emotions to move on as they appear and fade away

Ideas for practicing mindfulness:

- **Observe your breathing.** Your breathing occurs naturally and rhythmically. When you pay attention to it, it takes you out of your mind and into your body.
- **Connect with your senses.** Your senses are your gateway into the present moment.
- **Pause between action.** Mini pauses between actions can clear your mind, and provide you with energy.
- **Listen wholeheartedly.** Next time you’re in a conversation, make it your goal to fully listen to what the other person is saying to you, without getting lost in your thoughts.
- **Get lost in doing things you love.** Activities we love doing connect us with our inner spirit.
- **Meditate daily.** Meditation has huge benefits including increasing your levels of energy, happiness, inspiration and inner peace.

There are many ways to incorporate mindfulness into your life. There is no “one size fits all” or “wrong” approach. Your EAP is here to assist you. Reach out any time. For additional resources on building mindfulness and resiliency visit our Health Resource Library through the EAP website: EAP4YOU.com.