


A CLEAR VISION





OF LIFE
The Wellbeing Program


EATING

Close your eyes and focus on smell -your morning coffee, fresh bagel, orange, etc

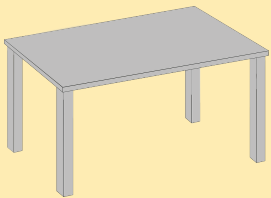


Minimize multitasking while eating; this is your time to enjoy a break, no matter how short.

Take small bites, and chew your food slowly; notice flavors and textures.



Always sit down at a table to eat - you deserve that.



WORK

Be present in whatever you're doing; challenge yourself to work on one thing at a time.



Use reminders: set a timer to go off three times a day, reminding you to be present in the here and now.



If you are stressed, take 5 minute a time-out: listen to a favorite song, write a handwritten note to a friend, or go for a quick walk around the building.

Make a mid-morning appointment on your calendar to adjust your posture and sit/stand up straight.



Practice this two times a day: breathe in slowly through your nose and out of your mouth 10 times. Each inhale and exhale should take 6 seconds.

PERSONAL

When in conversation, focus on listening to what the other person is saying and not on your response.



Challenge yourself to disconnect from technology. Put away your phone for a portion of each day, and instead focus on what is going on around you.

While catching up on a TV show, ignore the urge to scroll through social media.



From 8pm - 8am, turn your phone on "do not disturb." If you allow yourself to be "disturbed" for 12 hours a day, let the other 12 hours be yours

