



# Miami-Dade County Employee Assistance Program



## Focus on Mindfulness to Manage Stress

We all have a sense of how stress manifests in our personal life and what we want to change. Many people would say they are looking for relief from the worries that plague them, while others might point to their stiff neck or tight jaw or mention their headaches. No matter how we experience it personally, stress impacts both our minds and bodies.

Mindfulness has been proven through science to be effective in the reduction of the stress response within the body. Mindfulness is a mental state that involves being fully focused on your awareness of the present moment. When practicing mindfulness, you acknowledge and accept your thoughts, feelings, and sensations without judgment.

Try out some of these tips to reduce your stress and practice being more mindful of your thoughts and behaviors to take care of your body and your mind:

### Wellness Tip:

*Focus on the unknown and uncontrollable does not change the outcome. Focus on what you can control in times of hardship.*



Miami-Dade County  
Human Resources  
Department  
Employee Assistance Program

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### Emotional Wellness Stream:

<https://web.microsoftstream.com/channel/28dc7326-8d6f-4855-b3a2-70d7f6e8ca01>

### Focus on the present:

Many of us spend a good amount of our lives stressing about what “was” or what “will be” rather than what “is”. Looking in the rearview mirror is not always a negative thing, it can help us evaluate life lessons and avoid making mistakes. The problem comes when we spend significant time in the past, we cannot always see what is right in front of us. If you catch yourself slipping to the past for more than a minute, re-center your thoughts and focus on where you are in this very moment.

### Pay complete attention to something you usually do on autopilot:

Perhaps brushing your teeth, driving, eating, or performing your morning routine. Pay attention to your mind and your body during the present moment. Make an effort to tune in during this activity. How do your feet feel on the floor, what sounds you hear or things you see around you.

### Follow a healthy lifestyle:

Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body, and learn techniques to manage stress.

### Punctuate your day with a 15-minute mini vacation:

First get comfortable and focus your mind on your thoughts. Take a moment to identify your feelings and emotions in this moment without judging them. Take 5 minutes of focused attention on breathing and where you feel it in your body. Take your last five minutes of awareness do a body scan from head to toes and focus on the body as a whole.

### **Practice positive self-talk.**

Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Thinking about things you're thankful for in your life can have a profound effect on our thoughts and our mood.

If you, a family member or a team member are struggling with feelings or emotions that are hindering your/their ability to engage in daily life please feel free to reach out to our team at Miami-Dade Employee Assistance Program (EAP). Our EAP counselors focus on supporting employees with internal and external resources that assist in setting the foundation for restoration and enhancement of emotional and mental wellness.

The EAP is provides on-site and virtual assessments for all employees and family members that are in need of assistance. To set up an assessment with an EAP counselor at no cost please **call 305-375-3293** or **email [Jessica.Hughes-Fillette@miamidade.gov](mailto:Jessica.Hughes-Fillette@miamidade.gov)**. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.