

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 Employee Assistance Program at 1-800-327-6754 (TTY 711) or visit MagellanAscend.com for helpful resources.



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