

HENDERSON™

# MENTAL HEALTH & WELLNESS



**When you find yourself feeling overwhelmed or stressed, take a deep breath, and try this technique:**

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

The idea is that the **5-4-3-2-1** technique helps you shift your focus to what's currently happening around you instead of what's making you feel anxious.



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## Mindful minute

We all get busy during the day and sometimes we need to take a moment to truly breathe. Deep, slow breaths slow the heart rate and help lower blood pressure.

Breathing can help us relax and reduce anxiety. Try using this simple visual image of a triangle to assist you in controlling your breathing, reducing your stress and increasing oxygen flow.



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# THREE SHORT MINDFUL BREAKS FOR YOUR DAY: THE ABC'S OF STOP

The **STOP** acronym is one of the most utilized brief mindfulness practices used during the day.

**S** - Stop

**T** - Take a breath

**O** - Observe what's going on

**P** - Proceed



This quick exercise can help your mind and body relax. Here are three ways to practice STOP more in depth:

## **STOP – A: Stop for AWARENESS**

Take a moment, ask yourself, “What is going on in my body? My mind? The emotional field?” This can simply allow you to notice a foggy brain after a long conference call or notice a positive for example how energized you feel after a meeting.

## **STOP – B: Stop for BEAUTY**

Pause for a moment and notice something beautiful in your surroundings. Literally “**STOP** and smell or see the roses.”

## **STOP – C: Stop for COMPASSION**

In a moment of stress or pain, take a deep breath in and out and open your heart to compassion. Compassion is a natural, caring response. Use **STOP** if you are feeling a little impatient with something and haven't noticed that your co-worker has been stressed that day as well.

### CONTACT

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