

Mindfulness During A Busy Season



As we wrap up the year, December brings excitement, celebrations, and often a fast pace that can leave us feeling overwhelmed. This month, we're focusing on [mindfulness](#), a powerful tool to help us stay grounded, reduce stress, and fully enjoy the season.

Mindfulness doesn't require perfection or big blocks of time. Small, simple practices can have a meaningful impact on well-being, focus, and emotional balance.

Mindfulness Tips...

- **Pause with a "Winter Breath:** Try this once or twice a day. This slow breathing pattern reduces stress and helps reset your attention.
 - Inhale for 4 seconds
 - Hold for 2 seconds
 - Exhale for 6 seconds
 - Repeat 3-5 times
- **Take a Mindful Minute Between Tasks:** Before opening your next email or heading into a meeting try this 60-second reset to improve clarity and decision-making.
 - Close your eyes
 - Notice your feet on the floor
 - Relax your shoulders
 - Take one deep breath
- **Practice [Mindful Eating](#) During the Holidays:** Enjoy flavors and the moment by:
 - Eating slowly
 - Noticing textures, temperatures, and smells
 - Putting your fork down between bites
- **Set a Morning Intention:** Start the day with a simple phrase to provide a calm direction during busy days.
 - "Today I will move with patience."
 - "I will take things one step at a time."



Resources to Support Mindfulness:

- Try these free downloadable guided meditations from [The Free Mindfulness Project](#)
- Register for a [Blue Cross Virtual Well-Being Meditation](#)
- Print some [coloring pages](#) and find a quiet space to relax and color

For more information and resources on mindfulness, visit your Be Well Vermont Wellness Platform:

www.bluecrossvt.org/bewellvt



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