



DECEMBER

STAYING PRESENT IN THE MOMENT

Prioritize Your Mental Health & Well-Being in 2021

Mindfulness can be described as a person achieving full awareness of where they are and what is happening around them. Being present in the moment sounds like a simple task, but in this day and age, distractions are ever-present. One minute you're reading a report for work, and it reminds you of how much you miss reading for fun, and suddenly you find yourself planning an impromptu trip to the library on your way home from work...work! Oh, right. Time to get back to that report.

Each day, we are subconsciously choosing to focus on the past or future rather than the present. For example, when a project is assigned, we tend to zero in on deadlines, completion dates, and turnover time. However, studies have shown if we shift that focus to the creative process and the lessons learned along the way, happiness will follow. Harvard scientists claim people are happier, no matter the activity, if they are focused on the activity as opposed to the end result.

Benefits of being mindful

- Reduces stress levels. Mindfulness helps you stay focused and allows you to complete more tasks.
- Improves interpersonal relationships. When you are mindful you are present and attentive when others are near.
- Builds resiliency. When you are focused on completing a time-sensitive goal, you exercise patience and emotional management.
- Develops intuition. When you pay attention, you can start picking up patterns that will ultimately strengthen your decision-making skills.

Apply mindfulness to holiday stressors

The holidays make it easy to dissociate and distract yourself from acknowledging what is happening around you. Most people tend to have unrealistic expectations of themselves and others during this season, but your energy can be better spent by staying present and positive.

Weight gain is a common holiday stressor. Experiencing anxiety or stress when surrounded by holiday treats will most likely lead to some extra indulgences. If you love the holiday foods but hate the extra pounds that can come from them, develop an exercise regime that makes you feel good before, during, and after the holidays.

Spending time with family can make the holidays more stressful. Know your limits and set boundaries in advance. Don't be afraid to reduce the number of family events on your calendar if you feel yourself getting burnt out or overwhelmed. Commit to fewer events but be present and mindful for the duration of them. Focus on what you enjoy.

Connect with us

As 2021 comes to an end, Creative Benefits, Inc. will continue to send you valuable information and resources to help you prioritize your mental health and well-being in 2022.