



# Taking a Mindful Moment

At the end of the day, start of the day, or in a moment during the day, taking a moment to pause and focus our attention can bring numerous benefits that go from the fireline, to the office, to home and back again.

## Benefits of Mindful Moments from research, and optimal performance:

- More creative, effective decisions
- Increased ability to cope with physical and psychological stressors
- Better Relationships
- Improved overall well-being
- Better able to cope with addictions

*"Mindfulness enables us to engage fully in whatever we are doing, which generally improves our performance, enhances our effectiveness, and increases our sense of fulfillment" – Dr. Russ Harris*



*"Give yourself permission to allow this moment to be exactly as it is and allow yourself to be exactly as you are." – Jon Kabat-Zinn*

## Want to give it a shot?

- 3 Minute** – guided break
- 5 Minute** – guided break
- 7 Minute** – guided break (Lake)
- 9 Minute** – guided break (Mountain)

## What is mindfulness?

Mindfulness is attention awareness training. It is a simple practice that allows us to ground and center ourselves in the moment through the practice of focusing our attention. The best athletes, artists musicians, military members and Fortune 50 CEOs are increasingly integrating mindfulness practices into their routines to increase performance and cope with stress.

## More Resources-

Visit Michelle Reugebrink's YouTube for a wide variety of meditations, guided breaks and mindfulness resources.

<https://www.youtube.com/channel/UCuqTel4YB1qFCKYzSc-PWBQ>

