MINDFULNESS is a state of active, open attention to the present. It comes with practice and helps you develop a healthier state of mind.

**THE GOAL OF ALL MINDFULNESS INTERVENTIONS IS THAT WE PRACTICE.**

We practice because when the stressful events happen, that’s a really bad time to start practicing.

**MEDITATION AND MINDFULNESS PRACTICES ARE HELPFUL in alleviating mental distress.**

**EMPLOYERS CAN HELP EMPLOYEES TAKE PERSONAL ACTION** to develop their coping skills and improve their financial health.

**SLOWING DOWN** to reflect and be present in the moment is a good way to shift from reacting to achieving greater clarity.

**TAKE A 2-MINUTE BREAK** here or there . . . Try not to think about anything but your current action.

**SUPERVISORS AND OTHER EMPLOYEES CAN BE TRAINED TO SEE SIGNS** of depression, substance abuse and other mental health concerns, responsible for an estimated 200 million lost workdays each year.

**OF RESPONDENTS STATED THAT THEIR WORKFORCE IS STRESSED,** either EXTREMELY (3%), VERY (30%), or SOMEWHAT (59%).

**ARE LOOKING TO INCREASE THE EMPHASIS** on mental health and substance-related offerings in the next two years.

**OFFER MEDITATION/MINDFULNESS classes on site.**

**17%**

**39%**

**92%**

**LEARN MORE FROM INTERNATIONAL FOUNDATION RESOURCES**

www.ifebp.org

**ordon membership required**

**www.ifebp.org**