

# Mindfulness Matters

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- 2+ million members worldwide
- Exclusively for federal and postal workers, annuitants and military retirees
- Extensive international network of doctors, dentists, hospitals and other providers



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# Today's presenters



**Coletta Meyer | MS, MCHES®, CWPC**

Manager, Health Engagement | GEHA



**Alannah Gore | RD**

Nutritionist | Giant Food Healthy Living Team

# Agenda

- What is mindfulness?
- Physical and mental health connection
- Mindful habits
- Work-life balance



# What does it mean to be mindful?



# How do you define being mindful?

Check all that apply:

- Being more aware
- Thinking before you speak
- Paying closer attention to your actions
- Something else





## **Mindfulness is about being present**

It's about bringing a sense of curiosity to your feelings and thoughts and gaining information from them.

# Mindfulness – Health connection





# Mindful habits



# Which mindful habit(s) do you struggle with most?

Check all that apply:

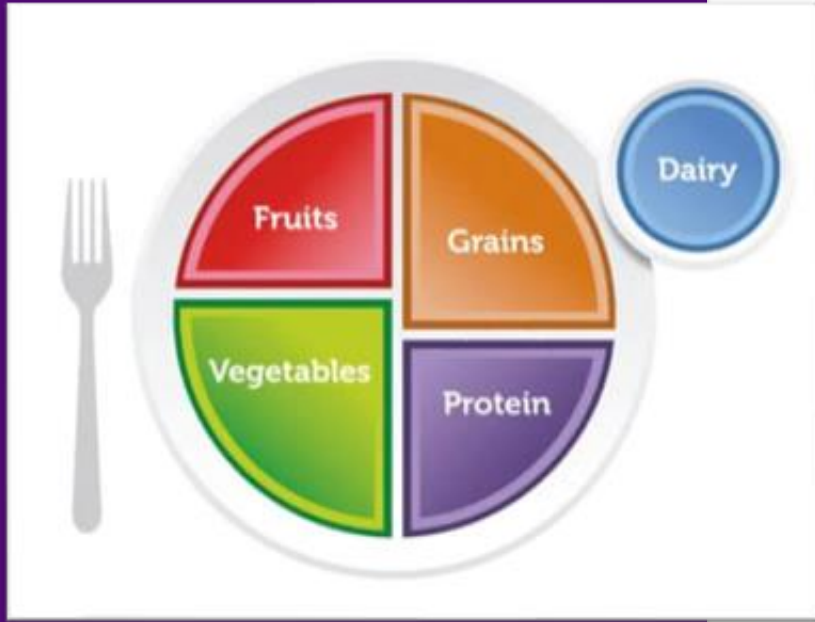
- Balanced eating
- Mindful eating
- Daily movement
- Proper sleep (7–9 hours nightly)
- N/A





## Mindful habit: Balanced eating

- Prevents nutritional deficiencies
- Boosts the nutrient density of foods
- Boosts immunity and might aid in avoiding illnesses
- Keeps you feeling full for longer
- Decreases your craving for sugary foods



## Tips for more balanced eating

- Use MyPlate as a guide
- Plan meals in advance
- Add more produce
- Boost your fiber
- Watch portion sizes



## Mindful habit: Focused eating

- Less likely to eat in response to negative emotions
- Makes eating less restrictive
- Increases preferences for healthful foods
- Less likely to snack without noticing
- May also help with weight loss and digestion



## Tips for more mindful eating

- Slow down your pace
- Be aware of your hunger
- Sit and focus
- Use your senses
- Listen for cues



## Mindful habits: Physical movement

- Reduces risk of chronic disease
- Improves endurance, flexibility and strength
- Supports brain function and protects memory and thinking skills
- Improves your sex life
- Promotes better sleep
- Elevates your mood



## Tips for more movement

- Identify your why
- Identify your workout style
- Plan to move – be intentional
- Start small and easy
- Be consistent





## Mindful habits: Proper sleep

- Promotes better cardiac health
- Helps regulate glucose levels
- Supports your immune system
- Assists in maintaining a healthy weight
- Improves cognitive function
- Improves mood



## Tips for more mindful rest

- Make 7 – 9 hours your goal
- Avoid technology 60 minutes before bed
- Have consistent sleep and wake times
- Establish a sleep routine
- Eat 4 – 6 hours before bed



# Mindfulness: work-life balance

# Do you struggle with work-life balance?

- Yes
- No
- Sometimes





## Work balance

The line between work and life has become more and more blurred over the last few years, making it hard to detach and be fully present.



## Create mindful boundaries

- Set work hours – daily if needed – then be present
- Create a routine that signals the start and end of your day
- Create a wind-down “commute” to bridge the transition
- Start small and easy
- Be consistent



## Create mindful habits

- Keep desk area tidy
- Hydrate instead of caffeinate
- Don't skip meals or snacks
- Incorporate movement
- Initiate team wellness



## Life balance

Improving emotional health and being mindful is also about making meaningful connections and taking time for yourself.





## Create mindful connections

- Be present in all your conversations
- Phone (or text) a friend
- Share your talent
- Volunteer in your community
- Offer a compliment



## Create mindful self-care habits

- Be active
- Nourish yourself
- Breathe
- Stretch
- Seek joy

# Wrap-up

- Mindfulness is about being present in all things we do and feel
- Small changes in daily habits can make us more mindful and improve our physical and mental health



# GEHA member resources

- Elevate and Elevate Plus plans
  - Rally® digital health platform
  - Real Appeal weight management program
  - Learn more at [geha.com/Elevate-Rewards](https://geha.com/Elevate-Rewards)
- HDHP, Standard and High plans
  - Health Balance digital health platform
  - Visit [geha.com/HealthRewards](https://geha.com/HealthRewards) to learn more
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# Q&A



**Alannah Gore | RD**

Nutritionist | Giant Food Healthy Living Team

[geha.com](https://geha.com) | [wellnesswebinars@geha.com](mailto:wellnesswebinars@geha.com)

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# Thank you

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**Q&A chat will go on through 1p.m. Eastern time**

For more information

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