

IMPACT SOLUTIONS EMPLOYEE ASSISTANCE & WORK/LIFE PROGRAM

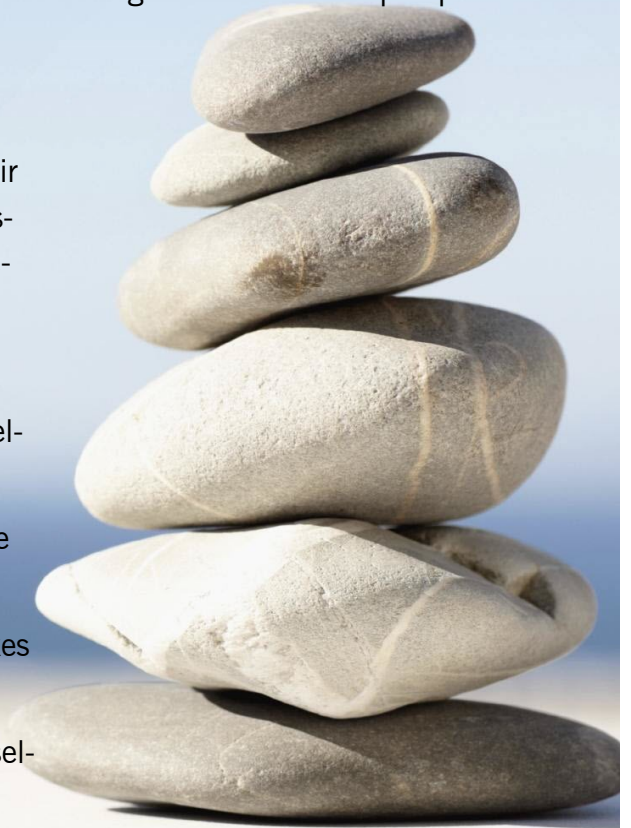
Mindfulness Coaching

Did You Know.... Mindfulness practice is a way to strengthen your ability to concentrate, relax, develop self-awareness, and new habits for paying attention that can decrease stress and internal friction? According to expert Jon Kabat-Zinn, "Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment". It is a new way of relating to ordinary experiences that when practiced consistently over time, can result in new insights and shifts in perspective that improve your well-being and mood.

Who can benefit from Mindfulness Coaching?

- Someone who finds it impossible to not respond to their cell phone ringing or finds themselves wasting time distracted by social media or the internet while getting behind on work tasks
- Someone who feels nervous about public speaking
- Someone with chronic pain who is interested in developing new habits for relating to discomfort
- Someone who finds themselves awake in the middle of the night and is unable to get back to sleep
- Someone who worries all the time and is unable to take breaks from problem-solving mode

Mindfulness Coaching does not replace professional counseling but can be used to make other interventions such as therapy, medication intervention or medical care more effective.



To learn more about the benefits of Mindfulness Training, or schedule a telephonic appointment with a Mindfulness Coach, contact IMPACT 24/7 at 800-227-6007. For more information on IMPACT services you can also visit the IMPACT website at www.MyImpactSolution.com. Enter Username: Kent . For further assistance, give us a call at 800-227-6007.