



## Mindfulness

*Stairway To  
Positivity*

**We are all so busy, one tick followed by another on an endless list of responsibilities, tasks and challenges. Like stairs they each need to be climbed, achieved and stepped over to get to the next.**

So why should we make time for mindfulness? What's the point really? Is it just another thing to do on another endless list?

Haven't we all tripped up on a step because you weren't watching where you were going?

Mindlessness is brain tripping up. In the rush to accomplish necessary tasks, we find ourselves losing your connection with the present moment—missing out on what you're doing and how you're feeling. Did you notice whether you felt well-rested this morning or that the rose bush is in bloom in your garden?

Mindfulness is the practice of purposely focusing your attention on the present moment – and accepting it without judgment. The scientific

research shows that it is also a key element in happiness and mental wellbeing by:

- Increasing your positive outlook on life
- Helping you savour the pleasures in life creating greater resilience in times of hardship
- Focusing on the here and now. Mindfulness practitioners are less likely to get caught up in worries or regrets, and are less preoccupied with success and self-esteem, allowing deep connections to be created with others

If you're finding it difficult to find the time or strategies to be mindful in your life, a session with an EAP counsellor can help you navigate your way to a more mindful life.

**Call 1300 687 327 to arrange an appointment with Converge International your EAP provider.** \*EAP is free, confidential and supported by your employer for your wellbeing.

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