

UCI HR | Wellness HEALTHY HOLIDAY CHALLENGE

NEW YEAR, NEW ATTITUDE

2020 is only two days away and around this time of year, most of us begin thinking about ways we can improve our lives. While resolutions often center on developing new habits that will get us into better physical shape, getting into better mental and emotional shape can also provide huge rewards.

This year, try to incorporate new habits that will help increase mindfulness, happiness, and overall life satisfaction. Mindfulness is the practice of being more aware in the present moment. While quick stress relievers are important to have on-hand, it's also essential to have at least one regular stress-relieving practice, like mindfulness in your life.

Here are some important steps you can take to be a more mindful to the present in the coming year:

- **Pay Attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
- **Live In The Moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- **Accept Yourself.** Treat yourself the way you would treat a good friend.
- **Focus On Your Breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.



THIS WEEK'S TIPS

- [Flyer \(PDF\): Why Mindfulness Matters](#)
- [Flyer \(PDF\): Meditation Tips](#)
- [Article: Meditation: It's Not What You Think](#)



THIS WEEK'S WEBINAR

- [Mindfulness – Being Present in Your Work and Life](#)



THIS WEEK'S RECIPE

- [Fruited Buckwheat Pancakes](#)



ADDITIONAL RESOURCES

- [Use the EAP Mindfulness and Relaxation Toolkit](#)
- [Join UCI Campus Recreation for one of the many upcoming Year of Yoga events](#)
- [Sign up for a mindfulness class with the Susan Samueli Integrative Health Institute](#)
- [Download the UCLA Mindful App for access to free guided meditations and podcasts](#)
- [Explore the online Greater Good Magazine from UC Berkeley featuring articles, podcasts, and more](#)
- [Take a free online course to learn more about the Science of Happiness](#)



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