

# TIP OF THE WEEK



## Practice Mindfulness

*Try these mindful tips to help you reduce stress and relax:*

**Take slow, deep breaths.**

**Enjoy a walk.** Notice your steps, your breath, and the sights and sounds.

**Eat mindfully.** Be aware of the taste, texture, and flavor in each bite.

**Contact your local Employee Assistance Program** for more tips on relaxing and reducing stress. Visit the Living Well website for more information:

[www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu)

  
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