

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

**LivingWell**
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